FAVORITE RECIPES

METHODIST COOK BOOK

A BOOK OF

FAVORITE

Recipes

Compiled by

UNITED METHODIST WOMEN

of

PIONEER MEMORIAL UNITED METHODIST CHURCH

1978

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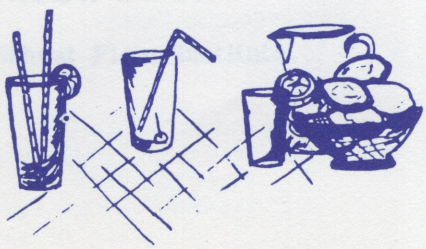


PIONEER MEMORIAL UNITED METHODIST CHURCH

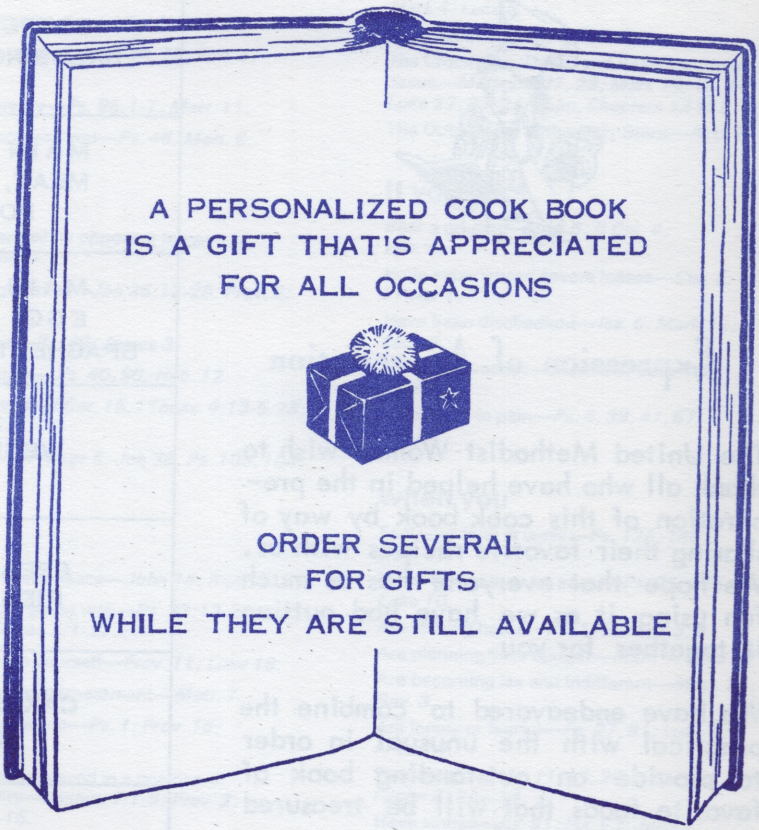
Donald L. Lathrop, Pastor

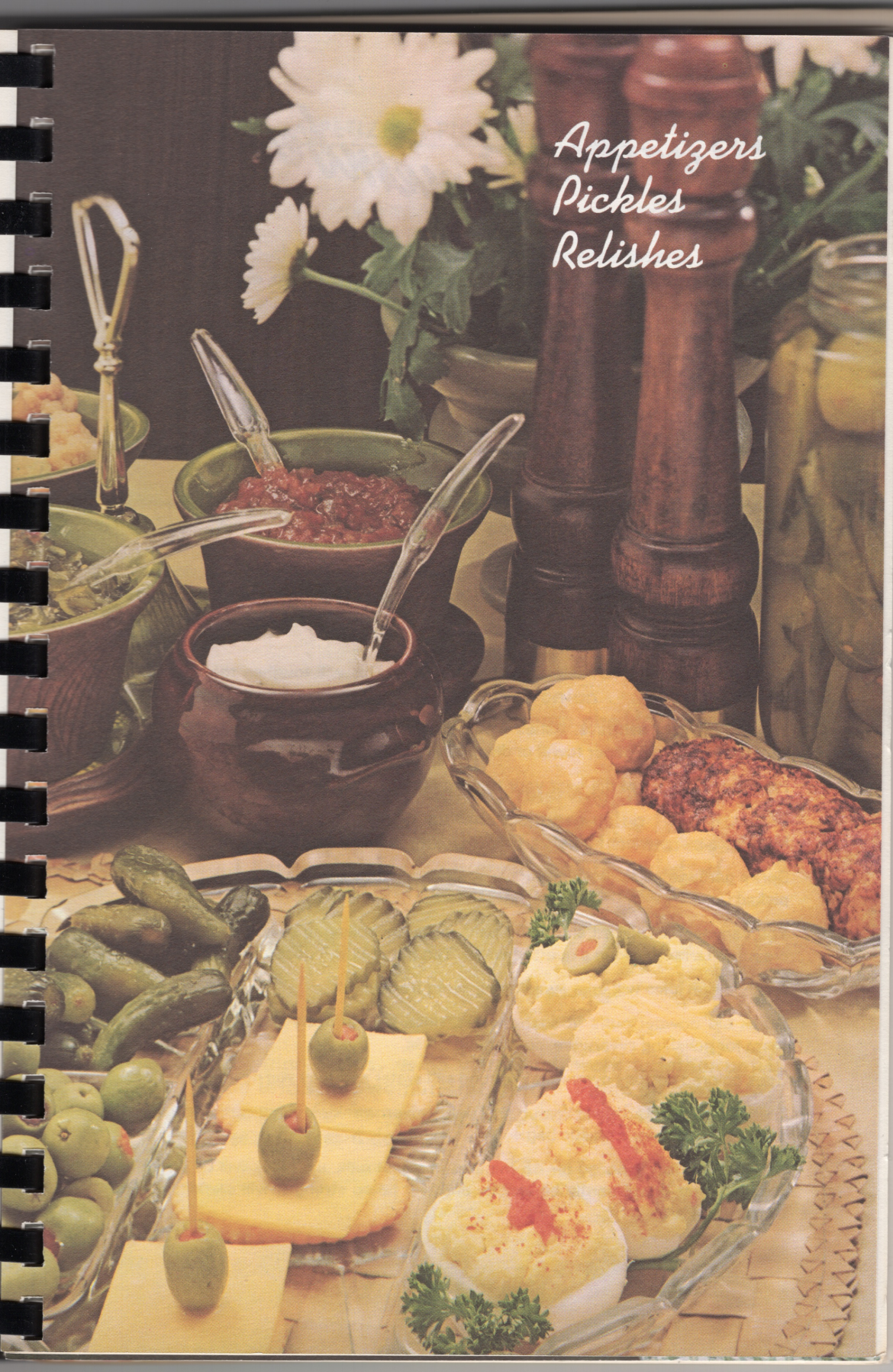
Sunday Worship..... 11:00 A.M.
(2nd Sunday in September through May)

Sunday Worship..... 9:30 A.M.
(1st Sunday in June through 1st Sunday in September)

Church School ..... 3:00-4:30 P.M.
(On Tuesday--2nd Tuesday in September
through last Tuesday in May)

United Methodist Women ..... 3rd Tuesday
(Meetings September through June
in Pioneer Hall at 7:30 P.M.)


A PERSONALIZED COOK BOOK
IS A GIFT THAT'S APPRECIATED
FOR ALL OCCASIONS
ORDER SEVERAL
FOR GIFTS
WHILE THEY ARE STILL AVAILABLE


Appetizers
Pickles
Relishes

Worth Remembering

Keep a toothbrush around the kitchen sink—you will find it useful in cleaning rotary beaters, graters, choppers and similar kitchen utensils.

Instead of trying to iron rickrack on the right side of the garment, turn the article. The rickrack can be pressed perfectly.

When your hands are badly stained from gardening, add a teaspoon of sugar to the soapy lather you wash them in.

Use paper cups as handy containers for your "drippings" in the refrigerator as they take up little room and can be thrown away when empty.

Before emptying the bag of your vacuum cleaner, sprinkle water on the newspaper into which it is emptied, and there will be no scattering of dust.

To whiten laces, wash them in sour milk.

To remove burned-on starch from your iron, sprinkle salt on a sheet of waxed paper and slide iron back and forth several times. Then polish it with silver polish until roughness or stain is removed.

Dip a new broom in hot salt water before using. This will toughen the bristles and make it last longer.

Try waxing your ashtrays. Ashes won't cling, odors won't linger and they can be wiped clean with a paper towel or disposable tissue. This saves daily washing.

Plant a few sprigs of dill near your tomato plants to prevent tomato worms on your plants.

Marigolds will prevent rodents.

Spray garbage sacks with ammonia to prevent dogs from tearing the bags before picked up.

You can clean darkened aluminum pans easily by boiling in them two teaspoons of cream of tartar mixed in a quart of water. Ten minutes will do it.

Fresh lemon juice will take away onion scent from hands.

Wash old powder puffs in soapy water, rinse well and dry thoroughly. Then use them for polishing silverware, copper and brass.

Soak colored cottons overnight in strong salt water and they will not fade.

To dry drip-dry garments faster and with fewer wrinkles, hang garment over the top of a dry cleaner's plastic bag.

If a cracked dish is boiled for 45 minutes in sweet milk, the crack will be so welded together that it will hardly be visible, and will be so strong it will stand the same usage as before.

APPETIZERS, PICKLES, RELISH

CHEESE BALL — Maxine Riell

1 lg. pkg. cream cheese
1 jar Old English cheese spread
1 jar Bleu cheese spread
minced onion to taste

Soften cream cheese, mix with rest of ingredients. Form into ball and place on plastic wrap. Refrigerate until cool and firm. Roll in chopped nuts, sesame or sunflower seeds or chopped parsley. Serve as a spread with crackers.

CHEESE BALLS — Chrystale Dell

Philadelphia cream cheese
tart fruit wine
pecans, crushed

Soften cream cheese with wine. Form into bite-size balls. Roll in pecans. Place in freezer or refrigerator until firm.

CHEESE DIP — J. Riesen

2 - 8 oz. pkg. cream cheese
1 - 3 oz. jar stuffed olives
1/2 green pepper
1/2 med. onion
1/2 lb. sharp cheddar cheese

Soften cream cheese. Drain olives, reserving liquid. Grind olives, green pepper, onion and cheddar cheese using fine blade. Mix ground mixture into cream cheese and thin with reserved olive liquid. Chill 3 hours. NOTE: Sour cream may be added, if desired. The mixture keeps well covered in refrigerator.

QUICK APPETIZER BALLS — J. Riesen

1 c. biscuit mix
1 c. shredded cheddar cheese
1 lb. bulk sausage

Combine all ingredients, using your hands work together until blended. Shape into small walnut-size balls. Place on broiler type pan (to drain off fat from sausage) and bake at 350 degrees, 20 to 30 minutes. Makes 4 dozen.

SHRIMPLY DIVINE DIP

J. Riesen

1 - 3 oz. pkg. cream cheese, softened
1 c. dairy sour cream
2 tsp. lemon juice
1 pkg. (5/8 oz.) Italian salad dressing mix
2 Tbsp. finely chopped green pepper
1/2 c. finely chopped shrimp

Blend cream cheese with remainder of ingredients. Chill at least 1 hour before serving with chips. Makes 1 2/3 cups dip.

CHEESE-CHILE APPETIZER

Martha Austin

1/2 c. butter
1/2 c. flour
dash salt
1 pt. cottage cheese
10 eggs
1 tsp. baking powder
1 - 8 oz. can chopped green chilies
1 lb. Jack cheese, shredded

Melt butter in 13x9x2 inch pan. Beat eggs lightly in large bowl. Add flour, baking powder and salt and blend. Add melted butter, chilies, cottage and Jack cheese and mix until just blended. Turn batter into pan and bake at 400 degrees for 15 minutes, reduce heat to 350 degrees and bake 35 to 40 minutes longer. Cut into squares and serve hot.

CHILI CON QUESA

Norma Mull

1 lb. sharp cheddar cheese
2 cans diced Ortega chilies
1 diced onion
1 tsp. Worcestershire sauce
1 lb. Jack cheese
1 can drained, stewed tomatoes, mashed
tabasco sauce, garlic salt, pepper

Saute diced onion in butter. Put in double boiler with other ingredients. Stir until cheese melts. Let sit awhile for flavors to blend. Serve hot with chips or better yet raw vegetables.

CHILE CON QUESA CHEESE DIP

Polly Murphy

This makes enough for a party but keeps well if refrigerated.

3 slices of bacon but in 1/4 in. slices, fry until crisp
1 1/2 c. canned tomatoes with juice
2 Tbsp. Worcestershire
1 sm. onion
1 clove garlic
1 can green Ortega chilies, chopped
2 lb. loaf Velveeta cheese

Remove cooked bacon but leave fat to cook chopped onion and

chopped garlic until clear. Add all other ingredients. Cut cheese in chunks. Cook until cheese melts over very slow fire, stirring often.

Refrigerate until ready to use. Serve at room temperature with corn chips.

BEAN DIP — Norma Mull

1 diced onion, sauteed
1 lb. sharp cheddar cheese
1 can stewed tomatoes
1 lg. can refried beans
1 can diced chilies
tabasco sauce, garlic salt, pepper

Serve hot with chips or raw vegetables.

ELINOR'S HOT CRAB DIP — Katharine Krater

21 oz. fresh crab (or 3 - 7 1/2 oz. canned crab)
3 - 8 oz. pkg. cream cheese
2 tsp. powdered sugar
1 tsp. onion juice
1/2 c. mayonnaise
seasoning salt
2 tsp. French's prepared mustard
2/3 c. sauterne (or any white wine)
dash of garlic salt

Cream cheese. Mix in crab meat. Add remaining ingredients. Mix and heat, but DO NOT boil. Serve hot. May be frozen. Makes 2 quarts. This is delicious!

FRIED WON TON — Mimi Cohn

2 lb. ground pork
6 - 8 water chestnuts, chopped
3 - 4 green onions, chopped
1 egg
1 tsp. MSG
1 pkg. won ton skins (can buy in supermarkets)
6 - 8 dried mushrooms, soaked and chopped
1 tsp. fresh ginger, chopped
1/4 c. soy sauce
6 raw prawns, chopped (optional)

Mix together ground pork, mushrooms, water chestnuts, onions, ginger, egg, soy sauce and MSG and prawns (optional). Put about 1 rounded tablespoon of this mix into the middle of a won ton skin. Fold over to make a triangle or bandana shape. Then lap the two top angles over each other to form a "ball with wings." Fry in hot oil until golden brown and crispy.

LIPTAUER CHEESE

Mona Parker

2 - 8 oz. pkg. cream cheese, softened
1/2 c. sour cream
1 1/2 Tbsp. finely chopper capers
4 anchovies, chopped or 2 Tbsp. anchovie paste
4 Tbsp. chopped chives
3/4 tsp. dry mustard
2 tsp. finely chopped parsley
1 c. butter, softened
2 tsp. paprika or 1/4 tsp. cayenne
1 clove garlic
1 1/2 Tbsp. caraway seeds
1/2 tsp. freshly ground pepper

Cream all ingredients together well and use hands to continue blending until soft and completely blended. Pack in container with tight fitting top. Keeps well in refrigerator. Spread thinly on crackers or let your guests spread their own.

PICKLED MUSHROOMS

Hazel Watkins

2/3 c. tarragon vinegar
1 med. clove garlic, crushed
2 Tbsp. water
dash pepper and tabasco sauce
6 sm. jars button mushrooms
1/2 c. salad oil
1 Tbsp. sugar
1 1/2 tsp. salt
1 med. onion, sliced

Marinate in quart jar in refrigerator, turning occasionally. Keeps well, as long as not exposed to humans!

GRANDMA DREW'S BREAD & BUTTER PICKLES

Mary Aseltine

12 med. cucumbers
1 c. salt
6 med. onions
2 c. sugar (use 1 c. granulated and 1 c. brown, firmly packed)
2 - 3 c. vinegar, according to strength
1 tsp. mustard seed
1 tsp. cinnamon bark
1 - 2 c. water
1 tsp. celery seed
1 tsp. turmeric

Slice cucumbers and onions thin and let stand overnight in salt (2 or 3 hours enough if desired).

Bring all other ingredients to a good boil. Drain and rinse cucumbers and onions. Mix with vinegar solution. Let come to a boil and pack in sterile jars and seal while hot.

ZUCCHINI SQUASH PICKLES

Betty Bergstad

1 qt. vinegar
2 c. sugar
1/2 c. salt
1 qt. sliced onions
2 tsp. celery seed
2 tsp. turmeric
1 tsp. ground mustard
4 qt. sliced zucchini squash

Bring vinegar, sugar, salt, and spices to a boil. Pour over squash and onions. Let stand one hour. Bring to boil. Cook three minutes. Pack in hot sterilized jars and seal at once.

SWEET DILLS

Mil Strom
(Lorry Larson's Mom)

1/2 c. tarragon vinegar
2 c. sugar

Boil together and cool (Boil about 5 minutes). Drain 1 quart dill pickles. Cut in 1/4 pieces the long way. Pour the liquid over them and let stand 24 hours before using. Turn the jar once or twice to let syrup cover all pickles.

1 QUART DILL PICKLE

Agnes Johnson

1 qt. cucumbers
1 garlic bud
1 tsp. mustard seed
3 heads dill or 2 tsp. dill seed
1/2 tsp. alum

Place cucumbers in quart jar. Boil 1 cup cider vinegar, 2 cups water and 1 tablespoon salt. Pour over cucumbers and seal.

PICKLED ZUCCHINI STICKS

1 1/2 lb. zucchini, cut into 2 x 1/4 in. sticks
2 tsp. salt
3/4 c. white vinegar
1/2 c. water
3 Tbsp. sugar
1 tsp. mixed pickling spices
1 sm. onion, sliced

Toss zucchini with salt. Let stand at room temperature 1 hour. Drain. In 1 quart saucepan, mix together vinegar, water, sugar and pickling spices. Over high heat, heat to boiling. Reduce to low, simmer 3 minutes. Pour hot liquid over zucchini in bowl. Add onion slices and mix thoroughly. Cover. Refrigerate at least 5 hours or overnight.

PICKLED GARDEN RELISH

Gladys Jewett

1 sm. head cauliflower, cut in flowerettes & sliced
2 stalks celery, cut in 1 in. pieces (1 c.)
1 jar (4 oz.) pimento, drained and cut in strips
2 carrots, pared and cut in 2 in. strips
1 green pepper cut in 2 in. strips
1 jar (3 oz.) pitted green olives, drained

Mix and pour over vegetables:

3/4 c. wine vinegar
2 Tbsp. sugar
1/2 tsp. oregano
1/2 c. olive or salad oil
1 tsp. salt
1/4 tsp. pepper

If liked, add a clove of garlic and 2 tablespoons chopped onion. Let stand for 24 hours.

ZUCCHINI RELISH

Gwen Bell

Grind:

10 c. zucchini
4 c. onions
5 Tbsp. salt

Let stand overnight.
Drain and rinse in cold water then add:

2 1/4 c. vinegar
6 c. sugar
1 Tbsp. each nutmeg, dry mustard, turmeric and cornstarch
2 tsp. celery seed
1/2 tsp. pepper
1 red and 1 green pepper, chopped fine

Cook 30 minutes, pour into sterile jars and seal.

PEACH AND TOMATO RELISH

Mary Gorman

6 lb. ripe peaches
6 lb. tomatoes
2 lb. onion
2 lb. green pepper
2 bunches celery
3 c. sugar
3 c. vinegar
2 Tbsp. allspice
2 Tbsp. cinnamon
1 Tbsp. pepper
1 Tbsp. salt

Put all through food grinder. Cook about 1 1/2 to 2 hours. Makes 12 pints.

CHILI SAUCE

Rose Caipen

24 med. ripe tomatoes, chopped
2 Tbsp. salt
1 tsp. cinnamon
1 tsp. cloves
4 c. vinegar
12 green peppers, chopped fine
4 lg. onions, chopped fine
2 c. sugar, to suit taste
1 tsp. ginger
1 tsp. allspice

Combine all ingredients and boil 4 hours or until desired consistency. Cook uncovered. Makes approximately 7 pints.

Write your extra recipes here:

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Soups, Salads,
Sauces & Dressings

Salads and Salad Dressings

For Appeal To The Appetite

Chill ingredients before mixing—except for molded salads.

Provide tartness in the body of salad or dressing.

Use salad greens other than lettuce sometimes. Have you tried chicory, escarole, endive, kale, spinach, dandelion greens, romaine, watercress, and chinese cabbage?

Sprinkle orange, lemon, lime, or pineapple juice on fruits that may turn dark—apples, peaches, and bananas, for instance.

For tossed green salads, tear greens in fairly large pieces or cut with scissors. Larger pieces give more body to the salad.

Prevent wilting and sogginess by drying the greens used in salads, draining canned foods well before adding to salad, using just enough salad dressing to moisten. For raw vegetable salads, add dressing at the last minute.

Fruit Combinations

1. Sliced pineapple, apricot halves, sweet red cherries.
2. Watermelon balls, peach slices, orange slices.
3. Grapefruit sections, banana slices, berries or cherries.
4. Grapefruit sections, unpared apple slices.
5. Peach slices, pear slices, halves of red plums.
6. Pineapple wedges, banana slices, strawberries.
7. Cooked dried fruit, white cherries, red raspberries.

Fruit and Vegetable Combinations

1. Shredded raw carrots, diced apples, raisins.
2. Sliced or ground cranberries, diced celery and apples, orange sections.
3. Thin cucumber slices, pineapple cubes.
4. Avocado and grapefruit sections, tomato slices.
5. Shredded cabbage, orange sections, crushed pineapple.

Vegetable Combinations

1. Grated carrots, diced celery, cucumber slices.
2. Spinach, endive, or lettuce, with tomato wedges.
3. Sliced raw cauliflower flowerets, chopped green pepper, celery, pimiento.
4. Shredded cabbage, cucumber cubes, slivers of celery.
5. Cubed cooked beets, thinly sliced celery, sweet onions.
6. Cooked whole-kernel corn and shredded snap beans, sweet pickles, onion rings.

SPLIT-PEA SOUP TO DRINK FROM A CUP

Doris Raub

3/4 c. "Baconion" bits
6 c. hot water
2 c. split peas
10 c. cold water
1 tsp. celery salt
1/8 tsp. cayenne
1/2 tsp. paprika
1 tsp. salt
1/2 tsp. garlic salt

Add "Baconion" bits to hot water. Set aside, stirring occasionally.

Boil split peas in water about 2 hours, or until mushy. Cover, stirring to prevent sticking.

Drain the water off the "Baconion" and add this water to the peas. Add rest of ingredients. Cover and simmer for 1/2 hour or longer. You may add more seasoning and more water.

Serves about 10 or 12.

HOT CHICKEN SALAD

Hattie Schaefer

1 c. diced cooked chicken
1 c. diced celery
1/2 c. mayonnaise
2 hard boiled eggs, diced
1 c. crushed potato chips
1 can cream of chicken soup
1 Tbsp. minced onion
1 Tbsp. sugar
1/2 c. cracker crumbs

Combine all the ingredients except the potato chips; spread in a flat 7x10x2 inch baking dish. Sprinkle the chips over the top and bake in 350 degree oven for about 30 minutes. Serves 6.

BEAN SALAD

Mary DeDecker

2 pkg. frozen cut beans, "barely cooked", or
2 cans of cut green beans, drained
1 onion or green onion, cut fine
1 - 7 oz. can pitted black olives, drained and sliced
1 - 4 oz. can chopped pimento
1 - 8 oz. can sliced mushrooms, drained

Mix all ingredients well. Cover with dressing. Marinate overnight, stirring once in awhile. Mmmmm good!!

Dressing:

1/4 c. vinegar
1/4 c. oil
1/2 c. sugar
1 tsp. salt

CABBAGE SLAW

1 lg. head cabbage, cut fine
1 green pepper, cut fine
2 onions, sliced thin or chopped fine
3/4 c. vinegar
3/4 c. oil
1 1/2 c. sugar
1 Tbsp. salt
1 tsp. celery seed

Put cabbage, pepper and onions in gallon jar, with onions on top. Bring to boil vinegar, oil, sugar and spices. Pour over cabbage. Let stand 1 1/2 hours to cool. Then refrigerate overnight or 24 hours. Mmmmm good!!

A 7 pound cabbage serves 40 (1/2 cup servings). Use three recipes of dressing.

Add purple cabbage and grated carrots for color, if desired.

SPAGHETTI SALAD

1 - 8 oz. pkg. spaghetti, broken, cooked & rinsed
6 hard-cooked eggs
1/4 c. chopped parsley
1 c. chopped celery
1/2 c. chopped green onion
1 Tbsp. mustard
3 Tbsp. vinegar
1/4 c. salad oil
1/2 c. mayonnaise
1 c. sour cream
1 tsp. salt
1 tsp. garlic salt

Mix all together and chill.

PINEAPPLE FLUFF BISQUE

Agnes Johnson

1 pkg. lemon jello
1/2 c. sugar
1 c. water
1 can whipped Pet milk
3 Tbsp. lemon juice
1 sm. can crushed pineapple
1 doz. marshmallows, cut in sm. pieces
1 sm. jar cherries
cookie crumbs

Dissolve jello and sugar in water. Sit until syrupy. Mix remaining ingredients. Add jello mixture to milk mixture. Cover bottom of 9x13 inch pan with cookie crumbs. Pour bisque over crumbs. Sprinkle crumbs over top. Sit in refrigerator until set - about 6 hours.

ANGEL SALAD

Tillie Steele

1 pt. whipping cream
1/2 c. sugar
1 lb. baby marshmallows
1 lg. can chunk pineapple
1 - 8 oz. jar maraschino cherries

Whip cream. Fold in sugar and marshmallows. Drain pineapple, chop cherries and fold into cream mixture. Chill. Serve as salad or dessert. Makes 8 servings.

You may add 1 - 8 ounce package cream cheese and 1/2 cup mayonnaise, if desired.

STRAWBERRY YOGURT SHIMMY

Jane Bright

3 oz. pkg. strawberry gelatin
3/4 c. boiling water
3/4 c. ice water
8 oz. carton strawberry fruit-blended yogurt

Dissolve gelatin in boiling water. Add ice water and chill to consistency of unbeaten egg whites. Whip thickened gelatin until fluffy; fold in yogurt until blended. Refrigerate until set.

Spoon into dessert dishes and top with sour cream.

For calorie watchers - and people who just enjoy eating. Try other flavors of yogurt and gelatin for fun.

PIMENTO CREAM CHEESE SALAD

Dorothy Gates

1 sm. can crushed pineapple
1/2 c. sugar
1 env. unflavored gelatin
1 can mandarin oranges
2 jars pimento cream cheese
Dream Whip

Dissolve gelatin in pineapple juice and set aside. Heat cheese, sugar and orange juice until cheese is dissolved. Add gelatin and set aside to cool. Cut up oranges and mix with crushed pineapple. Mix all together with one package Dream Whip (as prepared by directions on package.) Set up in refrigerator.

ORANGE ONION SALAD

Gwen Bell

6 lg. oranges
1 head lettuce
1 lg. purple onion
French dressing

Marinate sectioned or cut up oranges with pith removed, and sliced onion in French dressing for several hours. Break lettuce into bite sized pieces, add the marinated oranges and onion and as much of the dressing as preferred.

(Cont.)

Dressing:

l/2 c. sugar
l tsp. dry mustard
l can tomato soup
l c. vinegar
l grated onion
l tsp. salt
l tsp. paprika
l c. oil
l grated clove garlic

Combine ingredients and shake well. Makes one quart.

PICNIC SALAD WITH RELISH AND VINEGAR — Merida Howard

l/3 c. vinegar
3 med. zucchini
2 Tbsp. minced onion
l tsp. salt
l clove garlic, split
l/4 c. sweet relish
l/3 c. salad oil
2 Tbsp. chopped pimento
l/8 tsp. pepper

Slice zucchini, combine oil and remaining ingredients; pour over zucchini. Cover and refrigerate several hours, or overnight, tossing occasionally. Makes 6 servings (about 4 cups.)

GREEN SALAD WITH BACON — Sharon Andrews

l/2 pt. sour cream
l tsp. sugar
l/4 tsp. pepper
6 slices bacon
l sm. onion, finely chopped
l/2 tsp. salt
3 Tbsp. white wine vinegar
2 qt. crisped, torn greens

Mix together in a small bowl the sour cream, onions, sugar, salt, pepper and vinegar; chill. Cut bacon into l/2 inch pieces and fry until crisp; remove bacon bits from pan and drain. Measure out 2 tablespoons of the bacon drippings and stir the drippings into the sour cream dressing.

Pile greens into a large salad bowl, pour dressing over them, and mix lightly to coat completely. Sprinkle bacon bits over all. Serves 6 to 8.

BEAN SALAD — Mary DeDecker

2 - 9 oz. pkg. frozen cut beans (barely cooked)
l - 4 oz. can pimentos
l - 8 oz. can mushrooms, drained
l - 7 oz. can pitted black olives (drained and sliced)
l bunch scallions, white part, sliced

Marinate overnight in French dressing, made from l package of dry Good Seasons mix.

BEAN SALAD

Norma Mull

2 cans green beans, drained
1 can pinto beans, drained
1 can sauerkraut, drained
2 can wax beans, drained
1 can red kidney beans, drained
1 jar chopped pimentos
4 stalks celery, chopped
1 bell pepper, chopped
1 onion, chopped
1/2 head cauliflower, separated

Mix together and pour marinade over all. Let stand overnight, stirring occasionally.

Marinade:

1 c. sugar
1/2 c. oil
1 c. vinegar
salt, pepper, paprika

MACARONI SALAD

Josia Lee Mitchell

1 pkg. egg spiral noodles, cooked and drained
1 c. celery, diced
black pepper
1 pkg. smoked link sausage, sliced, cooked and drained *
1 c. sweet pickles, diced *
pimento, optional

Mix together with dressing.

* Substitutes: for the meat, combinations of sausage, ham, bacon, lunch meat. For the pickles, 1 cup cucumber.

In the summer: substitute salmon (1 cup) and use cucumber.

Dressing:

1 pkg. onion soup mix (dry)
1 pt. sour cream

Mix together.

APRICOT NECTAR SALAD

Kathy White

(Serves 32)

12 oz. orange jello
2 c. boiling water
4 c. apricot nectar
2 c. mandarin oranges, drained
2 c. miniature marshmallows
4 bananas, sliced
2 c. whipped cream

Mix together jello, boiling water and apricot nectar. Chill until syrupy. Fold in remaining ingredients. Serve on lettuce, topped with whipped cream and mandarin orange slice.

Make this salad the day before you plan to serve it, so it will set properly.

MARILYN'S HOT-COLD POTATO SALAD

Josia Lee Mitchell

(Two meals)

8 med. potatoes
4 oz. diced green chiles
1/2 c. diced celery
1 jar pimento cream cheese
1/2 pt. sour cream
1/2 c. diced sweet pickle
salt, pepper to taste

Boil potatoes, salt, pepper. When done, drain and add cheese, chiles, cream and mix with a large fork. This will be lumpy. (Do not mash). Serve hot.

Before refrigerating leftover salad, add celery, pickles and some milk to moisten. Serve cold next day.

TACO SALAD

Owanna Kay

1 head lettuce, shredded
1 can whole pitted ripe olives, drained
4 lg. tomatoes, cut up
2 lb. ground beef
1 - 4 oz. can Ortega chiles
10 oz. grated sharp cheese
1 can kidney beans, drained
1 red onion, diced
1 can frozen avocado dip
1 pkg. onion soup mix

In large salad bowl, mix lettuce, olives, tomatoes, cheese, beans, and onion. Mix avocado dip, 1/4 of onion soup mix and sour cream together. Brown meat, add rest of onion soup mix and chiles. Toss into lettuce mixture, add avocado mixture and serve while still hot.

SWEET-SOUR CARROT SALAD

Gwen Bell

2 lb. carrots, sliced diagonally 1/4 in. thick
1 green pepper, sliced thin
1 med. purple onion, sliced thin
1 can tomato soup
1/3 c. vinegar
1 tsp. Worcestershire sauce
3/4 c. sugar
1 tsp. prepared mustard
salt and pepper

Cook carrots in salted water. Add pepper and onion and layer in casserole. Mix remaining ingredients and pour over layered mixture. Refrigerate at least 24 hours.

MYSTERY SALAD — Katherine Krater

3 - 3 oz. pkg. raspberry jello
1 1/2 c. hot water
6 drops tabasco sauce
3 cans stewed tomatoes (15 oz.) (Preseasoned type with onions, celery, pepper, etc.)

Dissolve jello in hot water. Stir in tomatoes, breaking them up with a spoon. Add tabasco sauce. Pour into mold and chill until firm.

Dressing:

2 Tbsp. prepared horseradish sauce
1 pt. sour cream
salt to taste

Mix thoroughly.

GRAPES AND SOUR CREAM — Helen Krater Strickley

1 lb. (or more) seedless grapes
1 pt. sour cream

Wash and drain grapes. Mix with sour cream and chill. (Can be done a day ahead of time.)

Put in glasses. Pour over each about 1 tablespoon Contreau.

Mix 1 1/2 teaspoons cinnamon and 1/4 cup brown sugar. Sprinkle over grapes. Serve with Pepperidge Farm Bordeau cookies.

QUICK EASY SALAD — Opal Nix

This can be put in 8x8 pan, or served by spoonfuls immediately. THERE IS NO WATER.

1 - 3 oz. pkg. orange jello
1 pt. cottage cheese
1 - 12 oz. can mandarin oranges, drained
1 sm. can crushed pineapple, drained
1 sm. carton Cool Whip

Whip together jello and cottage cheese. Fold in mandarin oranges and pineapple. Then fold in Cool Whip.

This is good for several days.

JELLO-CHEESE SALAD

Elodie Drew

1 - 3 oz. pkg. lemon jello
1 c. boiling water
1/4 c. sugar
1 sm. can crushed pineapple
1 c. cheese, grated
1/2 c. chopped walnuts
1 sm. carton Cool Whip

Dissolve jello in water and cool. Add pineapple. Set until partially firm. Combine sugar, cheese, walnuts and Cool Whip. Add to jello. Pour into mold or 8x8 dish and refrigerate. Firms up quickly.

PINEAPPLE CREAM MOLD

Alta Turner

1 med. sized can pineapple tidbits
1 tsp. horseradish
1/2 c. heavy cream
1/3 c. diced celery
1 - 3 oz. pkg. lemon jello
1 c. boiling water
1/8 tsp. salt
1 - 3 oz. pkg. cream cheese

Drain pineapple, reserve syrup. Dissolve jello in boiling water and stir in pineapple juice, horseradish and salt. Refrigerate until slightly thickened. Whip cream and beat cream cheese until fluffy. Fold in pineapple, whipped cream, creamed cheese and celery into jello mixture.

Turn into a shallow square or mold. Refrigerate until firm.

SALAD DRESSING

Martha Austin

1 pt. Wesson oil or substitute
2 tsp. salt
1 tsp. paprika
2 Tbsp. grated onion
7 Tbsp. sugar
1 c. catsup
1/2 c. water
2 cloves, halved

Mix all together.

CELERY SEED DRESSING

Laura Ivey

Good on any type salads or sandwiches. I got this one from the Inyo County Diet kitchen.

1/2 c. salad oil
1/4 c. vinegar
1 tsp. celery seed
1 tsp. salt
1/2 c. honey

Mix in blender. Keeps well. Even good on jello and ice cream.

ROQUEFORT DRESSING

Jennie Wyckoff

(A delightfully smelly job)

1 qt. Best Foods mayonnaise
1 Tbsp. Worcestershire sauce
1 sm. Tbsp. vinegar
1/2 lb. grated Roquefort cheese
dash or two of tabasco sauce
1 Tbsp. cream

Mix all together.

HOUSE DRESSING

Elsie Ivey

2 Tbsp. oil
1 tsp. steak sauce
1 tsp. dry mustard
3 c. mayonnaise
1/4 c. milk
1 tsp. white vinegar
1/2 tsp. Worcestershire
5 Tbsp. grated cheese, Parmesan
6 Tbsp. dairy sour cream
clove garlic

Mix together. Makes one quart.

SOUR SWEET SAUCE FOR PORK CHOPS OR SPARE RIBS

Elva E. Bell

1 tsp. dry mustard
1 tsp. cloves
1 tsp. celery seed
1 lg. bay leaf
dash of paprika
1 1/2 tsp. chili powder
1/2 c. sugar
1/2 c. catsup
1/2 c. vinegar

Mix all together and boil for 10 minutes. Pour over spare ribs or use with pork chops.

SAUERKRAUT SALAD

Polly Murphy

Serves 10 to 12.
Mix:

1 lg. can sauerkraut, rinsed & drained
1 can bean sprouts, drained
1 can water chestnuts, drained and sliced
1 sm. jar pimento
1 sm. can sliced black olives
1 green pepper, chopped
1 med. onion, chopped
1/2 c. celery

Boil: 1 cup sugar and 1/2 cup vinegar. Pour over mixture.
Combine: 1/4 cup salad oil, 1 teaspoon celery seed and 1/2 teaspoon of salt. Pour over mixture.
Toss until well-mixed. Marinate at least 24 hours. Keeps for a week or more.

RAQUEL'S ALBONDIGAS MEXICAN MEATBALL SOUP

Elodie Drew

2 lb. fresh ground round steak or 1 lb. hamburger and 1 lb. ground steak
1 lg. onion, chopped fine
1 bell pepper
2 eggs (1 egg per lb. of meat)
fresh peppermint leaves (3 sprays 3 in. in length)
heaping Tbsp. shortening
pinch of oregano
1 Tbsp. salt
1/2 tsp. pepper
1 slice of bread 2 in. thick or use 1/2 c. of yellow corn meal
1/2 c. of tomato puree

Chop onion fine and add to meat. Cut bell pepper in small pieces and add to meat mixture. Chop peppermint and add. Season with the 1 tablespoon of salt and 1/2 teaspoon pepper. Mash oregano and add. Next add tomato puree and shortening. Form into small balls the size of a small walnut. Mix with your hands. Drop meat balls into the boiling soup.

Soup:

2 heaping Tbsp. shortening
1 onion, sliced thin
1 little bell pepper
2 green chilies, cut in sm. pcs.
1 c. of tomato puree
1 Tbsp. salt
1/2 tsp. pepper
water, about 1 gal.

Lightly brown sliced onions in the heaping tablespoon of shortening and combine with other ingredients in pot with water for soup. Drop meatballs in boiling soup. Simmer the soup for about 45 minutes. Serve with flour tortillas.

CORNED BEEF SALAD

Jennie Wyckoff

1 pkg. (6 oz.) lemon jello
1 3/4 c. hot water
1 beef bouillon cube
1/2 tsp. Worcestershire sauce
1/3 c. chopped onion
1/2 to 1 c. chopped celery
1 c. mayonnaise
13 oz. can corned beef (ground or chopped)

Pour jello mixture over meat. Put into greased mold and chill till set. Unmold on lettuce leaves and garnish as desired. Several stuffed green olives or pieces of pimento may be added to the jello mixture for color.

MOLDED CARROT CREAM SALAD

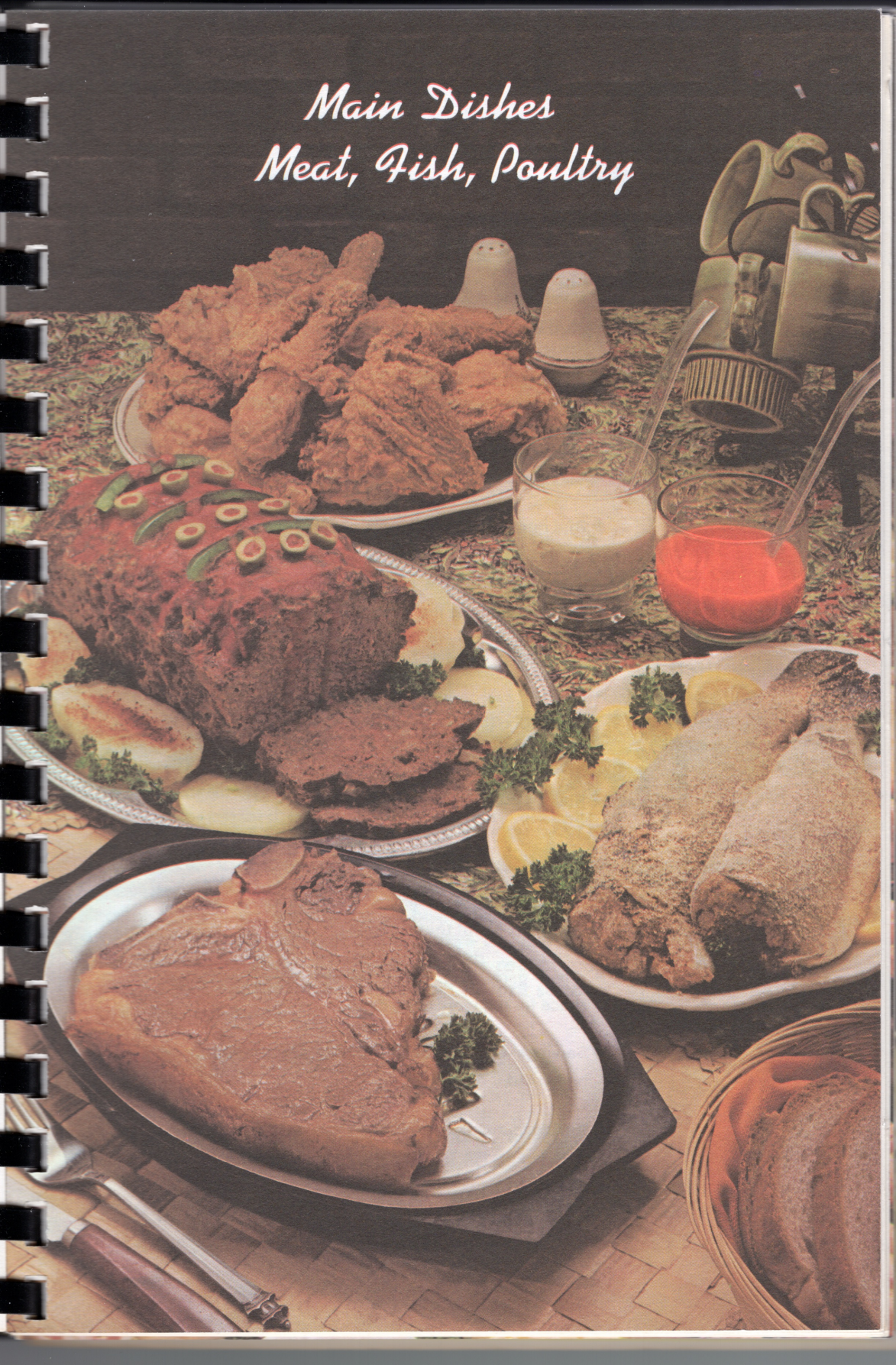
Alta Turner

1 - 6 oz. pkg. orange jello
1 1/2 c. boiling water
1 can crushed pineapple, 8 oz.
2 lg. carrots, shredded
1 c. dairy sour cream
1/2 c. mayonnaise
1 Tbsp. lemon juice
1/2 c. heavy cream whipped or Dream Whip

Dissolve jello in boiling water. Stir in pineapple with syrup and carrot. Chill until thick as unbeaten egg white. Meantime, mix sour cream, mayonnaise and lemon juice. Fold in whipped cream. Fold about 3/4 of the mixture into jello. Turn into a 6 cup mold and chill until set. Unmold on greens, and pass remaining dressing. Makes 8 to 10 servings. Could be put into individual molds.

Write your extra recipes here:

Write your extra recipes here:


Main Dishes
Meat, Fish, Poultry

Tips TO THE CARVER

- Convention doesn't forbid your standing up to carve, so, if it's easier, stand up.
- The bones get in your way if you don't know where to expect them; a little investigation tells you just where they are.
- Carving is unduly complicated by a dull knife.
- And remember the first rule of carving . . .

  "Cut across the grain"

  If you cut with the grain, long meat fibers give a stringy texture to the slice. Steaks are the exception.

Tips TO THE HOSTESS

- A large roast can be carved more easily after it stands for about thirty minutes.
- When garnishing, don't be over-generous; leave space for the work to be done.
- Servings cool quickly so plates and platter *must* be heated.
- An inexperienced carver will appreciate a hostess who keeps the guests' attention diverted from his carving.

DEVILED HAM LOAF

Gwen Bell

2 pkg. lemon flavored gelatin
1/2 c. pineapple juice
2 - 3 oz. pkg. cream cheese
1 1/2 c. water
1 c. (2 - 4 1/2 oz. cans) deviled ham
1 c. mayonnaise

Dissolve gelatin in boiling water according to directions on package add pineapple juice and chill until slightly congealed. Blend the deviled ham, cream cheese and mayonnaise together and fold into thickened gelatin. Pour into loaf mold, ring mold or individual molds and chill until firm. Serve with Tangy Mayonnaise.

Tangy Mayonnaise:

1 c. mayonnaise
2 Tbsp. catsup
2 Tbsp. chili sauce
1 Tbsp. Worcestershire sauce
2 drops hot pepper sauce

BARBECUED BEEF PATTIES

Doris Raub

1/2 lb. ground beef
1/2 c. soft bread crumbs
1/2 c. milk
2 Tbsp. shortening
2 Tbsp. Worcestershire sauce
2 Tbsp. sugar or 1 Tbsp. honey
1/2 c. catsup
1 onion, minced
salt and pepper
1 Tbsp. vinegar

Moisten crumbs with a little of the milk. Add ground beef, remaining milk, salt and pepper and mix thoroughly. Form four large patties. Brown slowly on both sides in shortening. Drain. Add remaining ingredients which have been mixed together. Cover and cook about 10 minutes. This recipe can be made in advance and heated in the oven just before serving, it can also be frozen and reheated.

MY MEAT LOAF

Hazel Watkins

1 1/2 lb. ground beef
1/3 c. bread crumbs
1/2 tsp. pepper
1/4 tsp. oregano
1/4 tsp. cumin
1 egg
1/3 c. quick oatmeal
1 1/2 tsp. salt
1 can tomato sauce

(Cont.)

Mix all together and form into a loaf, bake 30 minutes and pour off grease. Then cover with the following sauce and bake 10 minutes longer.

Sauce:

1 can tomato sauce
1 tsp. Worcestershire sauce
1/4 c. marmalade, jam or preserves

RIBBON MEAT LOAF — Claudia Parker

3 slices soft bread, torn into sm. pieces
1 c. milk
1 lb. ground beef
1/2 lb. ground lean pork
1/4 c. minced onion
1 1/4 tsp. salt
1/4 tsp. each: pepper, dry mustard, sage, celery salt, garlic salt
1 Tbsp. Worcestershire sauce
1 egg yolk
Cheese Filling

Cheese Filling:

1 egg white, slightly beaten
1 Tbsp. water
2 slices soft bread, torn into pieces
4 oz. crumbled blue cheese or shredded cheddar cheese

Heat oven to 350 degrees. Stir together bread and milk. Mix remaining ingredients except filling. Pat one half of meat mixture in greased loaf pan (9x5x3 inches). Cover with Cheese Filling. Top with remaining meat mixture. Bake 1 1/2 hours for 30 minutes. Serves 6.

BEEF POT PIE WITH PASTRY TOPPING — Hazel Watkins

1/2 c. diced celery
2 Tbsp. chopped green pepper
3 Tbsp. flour
1/8 tsp. pepper
dash of cloves
1 sm. can mushrooms
1 1/2 c. diced cooked beef
1 c. cooked peas or lima beans
1 lg. onion, chopped (1 c.)
3 Tbsp. oil
3/4 Tbsp. salt
1/8 tsp. mace
1 c. beef stock (or 1 beef bouillon cube in 1 c. water)
1 tsp. capers
4 carrots, cooked

Pastry:

3 c. flour
1 tsp. salt
2 cubes of margarine
1/3 c. lemon juice beaten with 1 egg

Saute celery, onion, green pepper in oil for 10-15 minutes until tender. Blend in flour and seasonings. Stir in stock. Cook, stirring constantly until mixture thickens and boils for 1 minute. Add mushrooms, meat, capers, vegetables. Keep hot. Pour mixture into greased 1 1/2 quart flat casserole. Fit prepared pastry over top, flute and brush top with beaten egg. Bake in 425 degree oven for 25 minutes or until pastry is brown.

TANGY FRANKFURTER BARBECUE

Rose Caipen

2 Tbsp. prepared mustard
2 - 8 oz. cans tomato sauce
1/2 c. dark corn syrup
1/3 c. vinegar
1/3 c. minced onion
2 Tbsp. Worcestershire sauce
1/2 tsp. celery seed
1/4 tsp. bottled hot pepper sauce
1 lb. (8-10) frankfurters, scored diagonally

In skillet, blend mustard with small amount of tomato sauce. Add remaining tomato sauce with other ingredients, except franks. Bring to boil, stirring frequently. Simmer gently 30 minutes. Add franks. Cook 7-8 minutes longer. Serves 5.

EASY OVEN STEW

L. McKenzie

In 3 quart casserole place 2 1/2 pounds of lean beef stew meat. Add:

1 can golden mushroom soup
1 can of mushrooms
1/2 c. dry sherry wine

Cook at 250 degrees for at least four hours.
Serve over cooked rice or noodles.

SOPA DE CHILI CON CUESTA

Virginia Fair

1 lg. onion, chopped
2 1/2 tsp. chili powder or less
1/4 tsp. cumin
1 - 1 lb. can whole tomatoes
1 - 15 oz. can kidney beans
2 c. diced beef, leftover roast
2 Tbsp. butter
1/2 tsp. each: garlic salt, oregano and basil
2 c. beef broth
2 green bananas
shredded cheese

Saute onion in butter, add spices and tomatoes, broth and beans. Bring to boil, simmer 10 minutes. Add beef and simmer 20 minutes. Add sliced bananas, cover and simmer 30 minutes. Add cheese when serving. Serve with hot buttered flour tortillas. Serves 6. Extra good!

BEEF STROGANOFF

Candy Ross

1 round steak
1 can of consomme
rice or noodles
1/2 pt. of sour cream
1/2 c. red wine

Trim and cut the round steak into lean strips and brown in skillet. Add garlic or garlic salt. Pour consomme over the steak and reduce heat and simmer for about 15 minutes. Take off heat and stir in sour cream and wine. Serve over rice or noodles. Onion or mushrooms may be added. Serves 6.

SUKIYAKI

Claudia Parker

1 lb. sirloin steak
1 Tbsp. oil or shortening
1/2 c. soy sauce
2/3 c. water
2 Tbsp. sugar
1/2 tsp. MSG, if desired
3/4 c. (5 oz. can bamboo shoots,) drained
1 c. green onions, cut up
2 med. onions, sliced thin
2 c. (1 lb. can) drained bean sprouts
2/3 c. (5 oz. can) sliced water chestnuts
1 c. sliced fresh or canned mushrooms

Cut meat into thin slices across the grain. Brown strips in hot oil in large fry pan, 2 to 3 minutes. Combine soy sauce, water, sugar and MSG. Pour over meat. Push meat to one side of fry pan, add bamboo shoots, green onions and onion slices, cook 5 to 10 minutes, turning, keep separate from meat. Push vegetables aside, add bean sprouts, water chestnuts and mushrooms, keeping ingredients separate. Cook 2 minutes or until hot. Serve over rice. Makes 4 servings.

EASY OVEN POT ROAST

Maxine Riell

3 lb. chuck or pot roast
1 can cream of mushroom soup
1 c. dry red wine
1 sm. clove garlic, crushed
1 onion, quartered
2 Tbsp. chopped parsley
salt and pepper to taste
4 med. potatoes
4 med. carrots

Place meat in Dutch oven or small roaster. Mix soup and wine and pour over meat. Add onion, garlic, salt, and pepper. Cover and bake at 350 degrees for 3 hours. During last hour, add potatoes and carrots.

ECUADORIAN POT ROAST — Mary DeDecker

Note: Good for not-so-tender cuts of beef or venison.

3 lb. pot roast
1 lb. onions
2 cloves garlic
vinegar
1/3 lb. fresh mushrooms
1/2 c. shortening
1/2 bottle red wine

The day before peel onions and cut into thick slices. Place onion in covered container covered with vinegar. Wash mushrooms, drain and place them in another closed container covered with wine. The following day, pierce the meat in various places with the point of a knife. Put a little garlic, salt and pepper in each slit. Melt the shortening in a pot and brown meat, turning to brown all sides. Add garlic, onions with vinegar, mushrooms with wine. Cover tightly and cook slowly 3 hours or until tender. Liquid may be thickened slightly, when meat is done, for a light gravy.

SAUERBRATEN (German Pot Roast) — Karen Johnson

5-6 lb. pot roast
spices: 10 cloves, 10 allspice corns, 10 peppercorns, 2 bay leaves, 1/2 tsp. chili powder, 1 lg. onion, sliced
red wine vinegar
water

Use an equal amount of water and vinegar for marinade. Add spices and pour marinade over roast, covering it entirely. The meat should be allowed to stand 2-3 days and turned occasionally.

On the 3rd day, flour the meat and brown it. Add equal portions of marinade and fresh water. Add salt to taste, spices from marinade and a piece of bacon rind or raw bacon. Cook in same manner as for pot roast until done. Thicken gravy and add crumbled ginger snaps; add brown sugar to gravy if necessary. Serve with spatzle and a cucumber and onion salad (vinegar and oil dressing.)

NOTE: This recipe was my grandmother's. She came from the province of Baden in West Germany, her recipe is probably somewhat different from other sauerbraten recipes used in other parts of Germany.

CREPES ENSENADA — Hazel Watkins

12 thin slices ham
12 corn tortillas
1 lb. Jack cheese, cut into 1/2 in. sticks
1 canned green chile, cut into 1/4 in. strips
Cheese Sauce
paprika

(Cont.)

Place a slice of ham on each tortilla. Put one stick of cheese in center of ham slice and top with chile strip. Roll tortilla and secure with wood pick. Place rolled tortillas, slightly separated, in a greased 13x9 inch baking pan. Pour the Cheese Sauce over the crepes to cover all. Sprinkle with paprika and bake at 350 degrees for 45 minutes. Makes 6 servings. Freezes well.

CHEESE SAUCE FOR CREPES ENSENADA — Hazel Watkins

1/4 lb. butter or margarine
1/2 c. flour
1 qt. milk
3/4 lb. grated cheddar cheese
dash pepper
1 tsp. prepared mustard
1/2 tsp. salt
1/2 tsp. MSG, optional

Melt butter and blend in flour. Add milk, grated cheese, mustard, salt, MSG if wanted, and pepper. Cook and stir until smooth.

MEXICAN CHOP SUEY — Florence Murphy

3 lb. stew meat, cut in 1 in. cubes
2 c. water or beef stock
1 lg. onion, chopped
salt and pepper to taste
4 cans Hunt's kidney beans
1 lg. can tomatoes
1 lg. bunch celery, cut diagonally

Flour meat and brown in 2 tablespoons oil, add water or beef stock. Simmer until tender about 2 hours, add tomatoes. Then add onion and celery which have been sauteed until transparent. Add beans and simmer until hot. Serve over rice or with French bread, we prefer bread.

CHILI AS YOU LIKE IT — Laura Ivey

2 Tbsp. salad oil
1 clove garlic
1 c. sliced onion
1 c. sliced green pepper
1 lb. ground beef
2 - 8 oz. cans tomato sauce
1 or 2 tsp. chili powder
2 - #2 cans kidney beans
1 tsp. salt

Heat oil in deep 9 inch skillet or kettle, add garlic, onion and green pepper. Cook over low heat until soft, about 5 minutes. Stir, remove garlic. Add ground beef, break up with wooden spoon into small chunks. Cook over low heat until lightly browned. Pour in tomato sauce and salt, Cover with tight fitting lid. Boil slowly over

low heat for 20 minutes, stirring frequently. Add kidney beans, do not drain beans. Cook uncovered 20-30 minutes and serve.

WINE STEW

Emma Churchill

2 lb. floured beef stew meat
2 Tbsp. oil
3/4 Tbsp. salt
1/2 tsp. paprika
1/4 tsp. thyme
1 Tbsp. Lea & Perrins sauce
1 clove garlic
2 Tbsp. flour
1 qt. Sauterne wine
1/2 tsp. pepper
allspice to taste
1/2 tsp. marjoram
2 onions, quartered

Brown meat in oil, pour in wine, add spices and simmer for about 3 hours. After about 2 hours put in carrots, potatoes and small white onions, as many as you like. One half hour later add sliced mushrooms and a can of peas on top. Cover and cook balance of time. Makes about 8 servings.

FIVE HOUR OVEN STEW

J. Riesen

1 1/2 lb. beef stew meat
3 or 4 potatoes, cut up
4 carrots, cut up
1 can mushroom soup or celery soup
1/4 c. tapioca
1 lg. onion, cut up
1 clove garlic
3 stalks, cut up celery
1 c. water
1 bay leaf

Place meat in 3 quart casserole, add vegetables, seasonings, water and soup. Mix, add tapioca on top and bay leaf. Cover and bake at 250 degrees for 5 or 6 hours.

PORK CANTONESE

Chrystale Dell

1 1/2 lb. boneless pork, cut into cubes
1 Tbsp. oil
1 3/4 c. water
2 Tbsp. soy sauce
1 Tbsp. beef flavor instant bouillon or 3 beef-flavored bouillon cubes
2 Tbsp. cornstarch
2 c. sliced mushrooms
1 - 8 oz. can water chestnuts, drained, sliced
1 - 6 oz. pkg. frozen Chinese pea pods, thawed
hot cooked rice

In large skillet, cook pork in oil over high heat until meat loses red color and liquid is reduced. Add 1 1/2 cup water, soy sauce and bouillon. Cover and simmer 30 minutes. Mix remaining water and cornstarch. Blend into meat mixture and stir until thickened. Add

(Cont.)

mushrooms, water chestnuts and pea pods. Cover and cook 8 to 10 minutes or until hot. Makes 6 servings. Serve with rice.

PORK CHOP BAKE — L. McKenzie

6 thick cut pork chops, browned in shortening
2 Tbsp. shortening
1 c. uncooked rice
1 env. onion soup mix
1 can mushrooms, sliced
2 Tbsp. diced bell pepper
1/4 c. diced celery

Spread uncooked rice in bottom of 9x13 baking dish. Reserve 1 tablespoon onion soup mix, sprinkle rest over rice. Drain mushrooms, reserving liquid. Sprinkle mushrooms, pepper and celery over rice. Add reserved liquid and hot water measuring 3 cups over rice. Place chops on top of rice, sprinkle onion mixture over chips. Cover tightly with foil, bake in 350 degree oven until tender, 45 minutes to 1 hour. Remove foil and bake 10 minutes or to absorb any excess liquid.

ZUCCHINI AND BEEF — Chrystale Dell

1 1/2 oz. pkg. spaghetti sauce mix
2 Tbsp. dried parsley
2 lb. ground beef
salt to taste
4 sm. zucchini, sliced 1/2 in. thick
1/4 c. margarine
2 c. seasoned croutons
1/2 sm. onion, chopped
Parmesan cheese
8 oz. mozzarella cheese, shredded
3 tomatoes, sliced, salted

Mix spaghetti sauce according to directions. Add parsley and simmer 25 minutes. Brown ground beef and salt lightly. Boil zucchini in a little salted water until tender and crisp. Drain. Melt margarine and toss with croutons. Line 9x13 inch pan with zucchini and top with chopped onion. Add all the ground beef and half the spaghetti sauce. Sprinkle with Parmesan cheese. Add half the croutons, mozzarella and tomatoes. Add rest of spaghetti sauce and croutons. Top with Parmesan cheese. Bake at 350 degrees 35 minutes. Garnish with fresh parsley, if desired. Serves 10. Can be served over rice or Chinese noodles.

PORK CHOP BAKE — L. McKenzie

6 lg. thick pork chops
1 can cream of mushroom soup
mustard

In a 13x9 baking pan place pork chops spread on each side lightly with mustard. Season with salt and pepper. Spread 1 can of mushroom soup over chops and bake uncovered 1 hour at 350 degree oven.

MEXICAN PIZZA — Chrystale Dell

tortillas
1/2 can refried beans
1 sm. can diced green chiles
1 c. grated Jack cheese

Butter bottom side of a flour tortilla; place on foil. Spread beans lightly, sprinkle cheese and diced chiles. Place another tortilla on top and butter. Bake in 325 degree oven 20 minutes, until brown and crisp. With scissors, cut in wedges. Spread with sauce.

Sauce:

1 avocado, mashed
1 rounded Tbsp. sour cream
1 tsp. mild chili or taco sauce
dash lemon juice
garlic salt to taste

GOOD CHILI — Agnes Johnson

4 lb. ground beef
1 Tbsp. chili powder
1 Tbsp. paprika
1 tsp. oregano
1 tsp. cumin
1 tsp. pepper
2 cloves garlic
1/8 tsp. cayenne pepper
12 drops tabasco sauce
1 c. tomato catsup
2 cans tomato soup
1 onion, chopped
salt to taste
1 Tbsp. flour
2 lb. red beans

Cook beef until red is gone. Mix in all seasonings. Add catsup, soup, onion, salt. Thicken with flour. Cook slowly. Cook red beans until well done then add to chili mixture. Reheat at slow heat, or reheat in oven. Very good!!

STUFFED PEPPERS

Gladys Jewett

6 med. sized green peppers
1 clove garlic, crushed
1 - 2 med. tomatoes, chopped
1 lg. eggplant, peeled and cubed
1/3 c. olive oil
1 c. dry bread crumbs
salt to taste
1/4 c. grated Parmesan cheese
2 Tbsp. chopped parsley

Cut off tops and remove seeds from peppers. Cook in enough boiling water to cover, about 5 minutes. Saute garlic, tomatoes, and eggplant in oil until tender; combine with bread crumbs, salt, Parmesan and parsley. Stuff peppers and bake at 350 degrees for 30 minutes.

SHEPHERD'S PIE

Gladys Jewett

2 lb. hamburger
1 lg. onion, chopped
1 c. peas
1 c. carrots, chopped
1 c. celery, chopped
1 c. tomatoes
salt and pepper to taste
1 1/3 c. potato buds

Brown hamburger and chopped onion. Combine with next six ingredients in a 2 quart casserole. Prepare potato buds according to directions and spread over top of mixture in casserole. Bake 25 to 30 minutes at 350 degrees. Don't have this too soupy or potatoes will mix with stew.

OLD SOUTH SAUSAGE PIE

Lynne Poole

1 lb. pork sausage
1/3 c. chopped onion
2 Tbsp. minced parsley
1 - 6 oz. can tomato paste
1 can kidney beans
1 c. coarsely chopped celery
1/4 c. chopped green pepper
1/2 tsp. salt
3/4 c. water

Cheese Puffs:

1 c. sifted flour
1 1/2 tsp. baking powder
1/2 tsp. salt
2 Tbsp. shortening
1/2 c. shredded American cheese
1/2 c. milk

Brown sausage in a skillet, add celery, onions, green pepper and parsley, browning lightly. Drain off excess fat and add salt. Combine tomato paste and water and add to meat mixture. Add beans, mix well, cover and reduce heat and simmer for 10 minutes. Turn pork mixture into 1 1/2 quart baking dish and top with Cheese Puffs, which have been made as for baking powder biscuits and dropped by

spoonfuls around edge of the casserole. Bake in a 425 degree oven for 20 minutes. Serves 6.

CHICKEN OR TURKEY A LA KING

Margie Griggs

1 c. mushrooms
1 green pepper, chopped
2 Tbsp. flour
1 c. chicken or turkey broth
2 c. diced chicken or turkey meat
1 sm. can chopped pimentos
1 c. coffee cream
4 Tbsp. butter
salt and pepper to taste
4 Tbsp. sherry wine

In double boiler melt the butter, add mushrooms and green pepper and flour. Add broth and cook until thickened. Add the meat and cook 5 minutes on low heat, DO NOT BOIL. Fold in pimentos and cream and heat 1 to 2 minutes longer. Lastly, add wine. May be served in patty shells, toast or over rice. Serves 6-8.

HAWAIIAN MEAT BALLS

Jan Hillis

1 lb. ground round steak
1/8 tsp. garlic powder
1/2 tsp. onion powder or 1 tsp. minced onion
1 - 3 oz. can chow mein noodles finely crushed
1/2 c. milk
1/4 tsp. ginger
1/4 c. dark brown sugar
1/4 c. soy sauce
1 - 13 oz. can pineapple chunks
1/2 c. catsup
1/4 c. pineapple juice

In large bowl mix seasonings, noodle crumbs and milk, add meat and blend. Mix the ginger, sugar, soy sauce, catsup and pineapple juice and pour into 9x12 inch pan. Shape meat into bite-size balls and place in the sauce. Be sure balls are all covered with sauce. Broil 5 minutes remove and turn meat balls, broil 5 minutes longer, remove and add pineapple bits, broil 5 minutes more. Be sure pineapple bits are also coated with sauce. Serve with garlic bread, makes 4 servings.

STROGANOFF BEEFBURGERS

Norma Mull

1 1/2 lb. ground beef
3 slices bacon, fried & crumbled
1/2 c. chopped onion
1 1/2 Tbsp. flour
1 can mushrooms
8-10 hamburger buns, split and toasted
3/4 tsp. salt
1/4 tsp. paprika
pepper to taste
1 can cream of mushroom soup
1 c. sour cream

(Cont.)

Brown ground beef, add onion and cook until tender but not brown. Drain excess fat. Blend flour and seasonings into meat mixture. Stir in soup and bacon. Cook slowly uncovered for 20 minutes, stirring frequently. Stir in sour cream and heat thoroughly. May also be served over rice.

SMOKY BEEF SALAMI

4 lb. ground beef
1/4 c. curing salt
2 Tbsp. liquid smoke
1 1/2 tsp. garlic powder
1 1/2 tsp. ground pepper, or
2 Tbsp. whole black pepper

In a large bowl, thoroughly mix beef, salt, liquid smoke, garlic powder and pepper. Cover and chill for 24 hours. Divide mixture into fourths. Shape each into a compact 8 inch log and place each on a 12x18 inch piece of nylon net. Roll up tightly; tie ends with string. Place logs on broiler pan with a rack and bake in a 225 degree oven for 4 hours.

Remove from oven and take off net. Pat rolls well with paper towels to absorb excess fat. Cool slightly, then wrap in foil and refrigerate or freeze. Makes about 3 pounds.

PORK CHOP SURPRISE

Josia Lee Mitchell

6 pork chops, browned
1 pt. (2 c.) apricot preserves
1/2 c. brown sugar
1 Tbsp. butter
3 lg. sweet potatoes, peeled, cut in half, lengthwise
1 tsp. salt
1 lg. can sauerkraut

Boil sweet potatoes in small amount of water with the salt and butter until about half done. In greased baking dish layer half of the sauerkraut, 1/2 cup preserves, then the sweet potatoes, the rest of the sauerkraut, 1 cup preserves, 1/2 cup brown sugar, next the chops with the remainder of the preserves on top. Bake in 350 degree oven for 45-60 minutes until juice is thick and all is brown.

OVERNIGHT TURKEY

Maxine Riell

Rinse defrosted turkey carefully. Place in roasting pan. Pour 3 cups of white wine over bird and cover well with foil, so no moisture escapes. Bake on low (225 degrees) for 12 hours.

Meat will fall from the bone and is easily sliced and refrigerated. Can be reheated in remaining sauce, basting if necessary. Thicken sauce for gravy.

APPLE-KRAUT PORK CHOP BAKE — Eiline McMurray

6 pork chops
1 c. sliced onion
1 - 16 oz. can sauerkraut
1 Tbsp. horseradish
1/4 tsp. pepper
salad oil
1 - 16 oz. can applesauce
1 - 8 oz. can tomato wedges
1/2 tsp. salt

Brown meat in hot oil. Drain. Place in 3 quart rectangular baking dish. Saute onion in skillet. Stir in applesauce, sauerkraut, tomato wedges, horseradish, salt and pepper. Bring to boil. Pour over meat. Cover and bake at 350 degrees for 1 1/2 hours. Remove cover and continue baking 15 minutes. Serve with sour cream if desired. Makes 6 servings.

SWEET 'N SOUR CHICKEN — Edith Nolan

1/4 c. brown sugar
2 Tbsp. cornstarch
1/2 tsp. salt
3/4 c. pineapple juice
1/4 c. vinegar
1 Tbsp. soy sauce

Bring all to a boil, reduce heat and cook until thick, then add:

3 c. cooked chicken, cut in cubes
1/4 c. chopped onion
1/2 c. chopped celery
1/2 c. green pepper, chopped
1/4 c. cooked sliced carrots
1 c. pineapple chunks

Cook all together for 5 minutes and serve.

SWEET & SOUR PORK — Polly Murphy

3 lb. pork, cut in 1/2 in. cubes
3 Tbsp. sherry
1 1/2 tsp. soy sauce
1/2 tsp. ginger
3 eggs, beaten
1/2 c. flour
3 Tbsp. cornstarch
1/2 tsp. baking powder

In large bowl toss pork with sherry, soy sauce and ginger. Let stand 10 minutes. Combine eggs, flour, cornstarch and baking powder. Pour over pork. Mix to coat well. Fry in deep fat until brown.

Sauce:

1 can pineapple chunks
1 c. sugar
1 c. vinegar
2 lg. bell peppers, cut in chunks
2 Tbsp. cornstarch
2 tsp. soy sauce
2 tomatoes, cut in wedges
1/2 c. crystallized ginger

(Cont.)

1/2 c. gherkins

Drain pineapple chunks and save juice. Add water to juice to make one cup. In saucepan combine juice, sugar and vinegar. Add peppers and gherkins. Boil 2 minutes. Mix cornstarch with 1/4 cup water and add to hot mixture. Add soy sauce, tomatoes and crystallized ginger and heat.

CHICKEN TACO PIE

Roberta Walker

1 lg. chicken, cooked and diced
1 c. mushroom soup
1 c. chicken broth
pepper
1 c. grated cheese
1 can enchilade sauce
1 lg. onion, chopped
1/2 tsp. garlic salt
1 - 11 oz. pkg. corn chips

Combine all ingredients except corn chips. Line a baking dish with the chips, add chicken mixture and sprinkle cheese on top. Cover with corn chips and pour 1 cup chicken broth over all. Bake at 350 degrees for about 30 minutes. Serves 6.

CORN-CHILE BAKE

Mona Parker

1 - 1 lb. can cream style corn
1 lg. egg, beaten
1 Tbsp. sugar, optional
1 - 4 oz. can green chiles, seeded and diced
1 c. biscuit mix
2 Tbsp. melted butter
1/2 c. milk
1/2 lb. Jack cheese, thinly sliced

In bowl combine corn, biscuit mix, egg, butter, sugar and milk and mix well. Turn half of the batter into a well buttered 8x8 inch glass baking dish. Cover with chiles, then cheese slices. Spread remaining batter over cheese. Bake in 400 degree oven for about 20 minutes or until brown. 6 servings, goes good with baked ham or barbecued chicken.

MEAT LOAF

Kathy White

(Serves 50)

12 eggs
4 c. catsup
3 c. warm water
12 lb. ground beef
4 pkg. Lipton onion soup mix
6 c. bread crumbs, oat meal or all bran

Mix together eggs, catsup, water, onion soup mix and crumbs. Add ground beef and mix gently. Shape into loaves and cover with

glaze. Bake at 350 degrees for 1 1/2 to 2 hours.

Glaze:

1/2 c. catsup
1/2 c. Worcestershire sauce
1/2 c. mustard
1 1/2 c. brown sugar

HOT FLAT-BREAD SANDWICHES — Edith Daugherty

Feta cheese, purchased from Greek or Italian markets. Danish feta may be substituted. Can be purchased in super market.

3 tomatoes, coarsely chopped
1 bunch scallions, including stems, chopped
1 green pepper, chopped
1 cucumber, peeled, and coarsely chopped
1 Tbsp. olive oil
12 loaves flat bread *
1 lg. onion, chopped
2 lb. ground beef
6 Tbsp. catsup
5 Tbsp. water
1 tsp. allspice
dash of cinnamon
salt and pepper to taste

* Flat bread is known as Pita or Pocket bread.

Place cheese and each vegetable in separate bowls for serving. Heat oil in saucepan. Saute onion until soft, add meat. Saute until pink is gone. Drain off excess fat. Mix catsup, water, spices, salt, pepper. Simmer uncovered 5 minutes. Warm bread in 300 degree oven. Put warm bread in dishes. Arrange with bowls of cheeses and vegetables. Each person slits his own bread along one side and fills it with his own choice of accompaniments.

PINEAPPLE STEAK — Virginia Stockman

1 1/2 pound sirloin steak or round steak, sliced very thin. Marinade in:

2 tsp. cornstarch
1/3 c. oil
1 tsp. salt
3 Tbsp. soy sauce
2 tsp. sugar or honey

Marinade for a minimum of 20 minutes.

While meat is marinading cut up in quarters or eights.

3 bell peppers
2 onions

Set aside. Open large can pineapple chunks, drain, saving juice.

Cook steak in hot frying pan, that has a lid, until it loses pink color. Add juice from pineapple and 3/4 cup water - simmer with

(Cont.)

lid on for (5 minutes sirloin, 10 minutes round) Add onions, cook 5 minutes. Combine:

1/2 c. water
2 Tbsp. cornstarch
2 Tbsp. soy sauce

Mix until smooth, add to meat mixture; stir. Add pineapple and bell peppers, cover, cook only until pineapple is hot and bell peppers are crisp soft.

Serve over hot rice.

ENCHILADA STACK — Alta Turner

1/2 lb. lean ground beef
2 tsp. oil
1/2 c. chopped onion
1 lg. clove garlic, crushed
1 Tbsp. chili powder
1 tsp. salt
1 - 15 oz. can tomato sauce with tomato bits
6 corn tortillas
soft butter or margarine
6 hard-cooked eggs, sliced
1 1/2 c. shredded Muenster cheese
1 qt. shredded lettuce
pitted ripe olives

Brown beef in oil, breaking up into small chunks. Add onion and garlic, stirring until onion is tender. Stir in chili powder, salt and tomato sauce. Simmer 5 minutes. Spread tortillas lightly with butter. Place 1 tortilla on a shallow baking pan and spread with a generous 1/3 cup of sauce. Arrange one sliced egg over sauce and sprinkle with 1/4 cup cheese. Top with second tortilla and cover with sauce, egg and cheese. Repeat, using all tortillas. Reserve a few egg slices for garnish. Cover pan with foil and bake at 350 degrees 20 to 25 minutes, until heated thru. Arrange lettuce on serving plate. Lift tortilla stack with broad spatula and place on lettuce. Garnish with reserved egg slices and olives. Cut into wedges to serve. Serve with guacamole and sour cream if desired. Or leave tortillas in pan to be used as a casserole.

SWEET AND SPICY CHICKEN WINGS — Alta Turner

1 pkg. chicken wings
flour
salt, pepper, cayenne
ginger
oil for deep frying
1/4 c. brown sugar, packed
1 tsp. celery salt
1 tsp. ginger
1/2 c. catsup
2 Tbsp. vinegar
1/4 c. water

Cut wings in half, discarding wing tips. Combine flour and a dash each of salt, pepper, cayenne and ginger in a bag. Add wings

and shake to coat. Fry wings in deep oil until golden and crispy, about 20 minutes.

Make sauce by combining brown sugar, celery salt, ginger, catsup, vinegar and water. Dip wings in sauce and place in baking dish. Bake at 400 degrees 10 to 15 minutes. Serve hot.

Write your extra recipes here:

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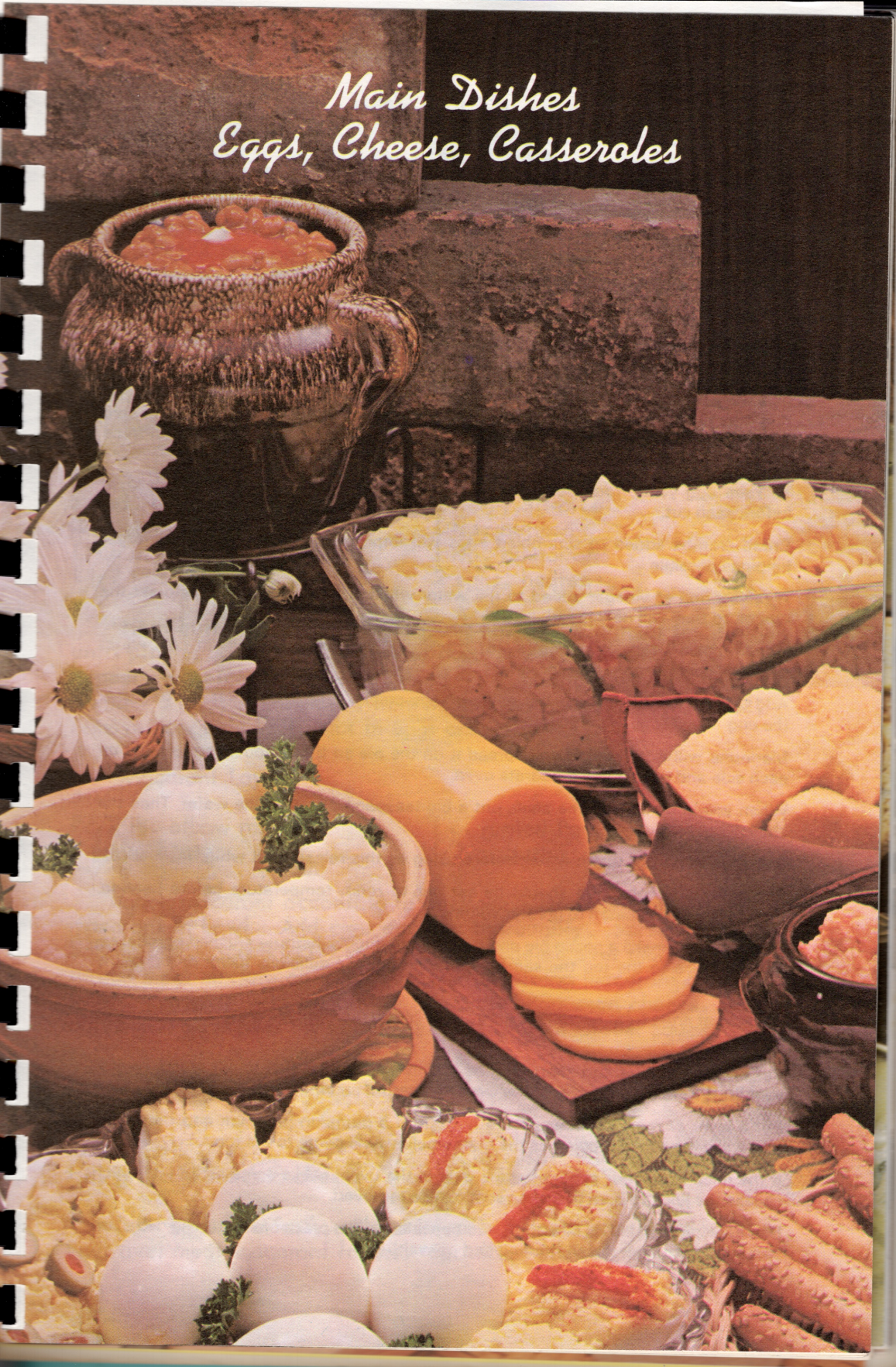
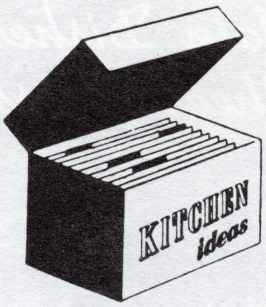

Main Dishes
Eggs, Cheese, Casseroles



To preserve leftover egg yolks for future use, place them into a small bowl and add two tablespoons of salad oil. Then put into refrigerator. The egg yolks will remain soft and fresh, and egg yolks kept in this way can be used in many ways.

You may determine the age of an egg by placing it in the bottom of a bowl of cold water. If it lays on its side, it is strictly fresh. If it stands at an angle it is at least three days old and ten days old if it stands on end.

To keep egg yolks from crumbling when slicing hard-cooked eggs, wet the knife before each cut.

Bread crumbs added to scrambled eggs will improve the flavor and make larger helpings possible.

A tablespoon of vinegar added to the water when poaching eggs will help set the whites so they will not spread.

When cooking eggs it helps prevent cracking if you wet the shells in cold water before placing them in boiling water.

Add a little vinegar to the water when an egg cracks during boiling. It will help seal the egg.

Meringue will not shrink if you spread it on the pie so that it touches the crust on each side and bake it in a moderate oven.

When you cook eggs in the shell, put a big teaspoon of salt in the water. Then the shell won't crack.

Set eggs in pan of warm water before using as this releases all white from shells.

Egg whites for meringue should be set out to room temperature before beating, then they can be beaten to greater volume.

If you want to make a pecan pie and haven't any nuts, substitute crushed cornflakes. They will rise to the top the same as nuts and give a delicious flavor and crunchy surface.

To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juice from running over in the oven and permit steam to escape.

Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping as the marshmallow will come to the top.

If the juice from your apple pie runs over in the oven, shake some salt on it, which causes the juice to burn to a crisp so it can be removed.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting.

NEVER-FAIL OMELET

Katharine Krater

Beat the yolks of 6 eggs very lightly and stir in 1 tablespoon flour and 1/4 teaspoon salt. Add 1 tablespoon butter, melted, then 3/4 cup milk. Lastly, fold in the stiffly beaten whites. Turn into well-buttered baking dish and bake in hot oven until golden brown (about 14 minutes). Serve immediately.

PASTITSO (Greek)

Edith Daugherty

Meat Layer:

1 Tbsp. butter
1 med. onion, chopped fine
3 lb. ground beef
1 - 6 oz. can tomato paste
1 1/2 tsp. salt
1/4 tsp. pepper
2 Tbsp. allspice
1 tsp. nutmeg
1 tsp. cinnamon
2 eggs, beaten

Heat butter in frying pan. Saute onion. Add meat and saute until pink is gone. Stir in tomato paste, 3/4 cups water, salt, pepper and spices. Simmer covered for 5 minutes, uncover and simmer another 5 minutes. Remove from heat. Refrigerate. When cool, remove congealed fat, mix in eggs and set aside.

Macaroni Layer:

1 1/2 lb. elbow roni
2 eggs, beaten
1 c. grated Parmesan cheese
1/2 c. butter

Cook macaroni according to package. Drain well. Put half macaroni in bowl. Add eggs and mix thoroughly. Spread in 11x14x2 baking pan. Sprinkle 1/2 cup Parmesan cheese over macaroni and spread meat mixture on top. Arrange remaining macaroni over meat layer. Sprinkle with remaining 1/2 cup of Parmesan cheese. Melt butter and pour over Parmesan layer. Top with Cream Sauce.

Cream Sauce:

4 eggs
3/4 c. milk
1 c. grated Parmesan cheese
1 Tbsp. flour
1/2 tsp. salt
dash nutmeg

Beat eggs to a froth. Blend in milk, cheese, flour and salt. Pour over meat-macaroni layers. Sprinkle with nutmeg. Cover with

(Cont.)

foil. Bake at 400 degrees for 15 minutes. Remove foil. Bake 45 minutes longer or until golden brown. Remove from oven and wait 15 minutes before cutting in squares.

WORLD'S BEST AND EASIEST MACARONI AND CHEESE J. Riesen

1 1/2 c. elbow macaroni
3/4 lb. very sharp natural cheddar cheese, diced fine
1 - 13 oz. can evap. milk

Cook macaroni in boiling salted water until barely tender, drain and turn into well-greased 1 1/2 quart casserole. Stir in cheese and milk. Sprinkle top with seasoned salt. Bake at 350 degrees for 1 hour or until sauce is consistency desired. Makes four servings. The secret is the liberal use of a very good quality cheese.

QUICHE

Iren Marik

10 slices bacon, cooked crisp and crumbled
2 c. half and half
1 c. grated Swiss cheese
4 eggs
pinch ea. sugar and nutmeg
1 - 9 in. pie shell, baked at 400 degrees for 10 minutes.

Put grated cheese and bacon in pie shell. Mix together all other ingredients and pour into pie shell. Bake at 400 degrees for 12 minutes. Reduce heat to 325 degrees and continue baking for 25 to 30 minutes longer.

Variations: 1/2 pound sausage, cooked, 1/2 cup onion sauteed with sausage, 1 - 4 ounce can sliced mushrooms (drained) and a mixture of cheddar and Swiss cheese.

HAM AND CHEESE CASSEROLE

Kathy White

(Serves 30)

1 1/2 lb. bread
4 lb. ham
2 lb. sharp cheddar cheese
1/2 lb. margarine, melted
12 eggs, beaten
2 tsp. dry mustard
2 qt. milk

Cube and mix together in greased casserole the bread, ham and cheese. Pour the melted margarine over this mixture. Mix together the beaten eggs, mustard and milk. Pour over mixture in casserole and let stand (covered) overnight in refrigerator. Bake covered at 350 degrees for 1 1/2 hours.

HOMINY CASSEROLE

L. McKenzie

2 lg. cans hominy, drained
2 Tbsp. grated onion
1 1/2 c. sour cream
1 1/2 c. grated Jack cheese
6 lg. chiles, diced
salt and pepper to taste
1/2 c. bread crumbs
3 Tbsp. butter, melted

Mix all ingredients well. Place in 2 quart casserole. Sprinkle with bread crumbs and melted butter. Bake at 350 degrees for 30 minutes.

MEXICAN CHICKEN

Marian Medford

1 - 3 lb. chicken: boil and debone
1 can cream of chicken soup
1 can cream of mushroom soup
1 can tomatoes with green peppers
1 - 8 oz. pkg. tortilla chips
1 - 8 oz. pkg. grated cheddar cheese

In casserole; place in layers --
chicken
tortilla chips
grated cheese
Mix tomatoes and soups; then pour over top.
Bake for 35 minutes at 325 degrees.

EGG-GREEN PEPPER SKILLET SUPPER

Gwen Bell

1 Tbsp. oil
2 c. cubed green bell peppers
1 sm. onion, chopped fine
2 med. tomatoes, cut in 1/2 in. slices
salt, pepper & garlic salt
3 eggs
2 Tbsp. milk
3/4 c. shredded Jack or cheddar cheese or combination
paprika

Saute onion and bell pepper in oil, spread evenly in large fry pan, top with tomatoes, sprinkle seasonings to taste. Beat eggs with milk and pour over vegetables. Sprinkle cheese over top, then paprika. Cover and cook over low heat 10 to 15 minutes. Serves 2.

CASHEW TUNA CASSEROLE

Mary Gillespie

2 - 7 oz. cans tuna, flaked
1/2 lb. fresh mushrooms
6 Tbsp. butter or margarine
2 1/2 c. milk
1/2 c. crushed potato chips
1 1/2 c. chopped cashew nuts
1/3 c. diced onion
3 Tbsp. flour
salt and pepper

Drain tuna and flake. Mix tuna with cashew nuts. Saute mushrooms and onion in 3 tablespoons butter until onion is golden. Add to tuna. Spoon mixture into shallow 1 1/2 quart casserole. Melt 3 tablespoons butter, stir in flour, gradually stirring in milk. Cook over low heat stirring constantly until smooth and thickened. Season with salt and pepper to taste. Pour sauce over tuna mixture, sprinkle potato chips over top. Bake in 350 degree oven for about 25 minutes. Makes 6 servings.

PORK CHOPS ON AMBER RICE

Margaret Mairs

6 pork chops, cut 3/4 in. thick
1 1/3 c. pkg. precooked rice
1 can cream of chicken soup
salt and pepper
1 c. orange juice

Brown pork chops in heavy skillet; season with salt and pepper. Place rice in 12x7 1/2 x 2 inch flat baking dish; pour orange juice over rice. Arrange browned pork chops on rice. Pour chicken soup over all. Cover; bake in 350 degree oven for 45 minutes. Uncover and bake 10 minutes longer. Makes 6 servings.

WILD RICE CASSEROLE

Ned Gilfillan

1 lb. ground round
2/3 c. raw wild rice (washed until clean)
1 can cream of chicken soup
1 can cream of mushroom soup
1/2 can water
1 stalk celery
1 can (4 oz.) mushrooms
3 Tbsp. chopped onion
3 Tbsp. butter
1/8 tsp. ea. garlic, onion and celery salt
Parmesan cheese

Saute onion in butter and brown ground round. Add to other ingredients in 2 quart casserole. Top with Parmesan cheese. Bake 45 minutes in 350 degree oven. Then turn down to 250 degrees for another 45 minutes.

RICE AND SOUR CREAM CASSEROLE

3/4 lb. Monterey Jack cheese
3 c. sour cream, salted
2 cans peeled green chiles, chopped
3 c. cooked rice
salt and pepper to taste
1/2 c. grated cheddar cheese

Cut Jack cheese in strips. Thoroughly mix sour cream and chiles. Butter a 1 1/2 quart casserole well. Season rice with salt and pepper. Layer rice, sour cream mixture and cheese strips, in that order, until you finish with rice on top. Bake in 350 degree

oven for about half an hour. During the last few minutes of baking, sprinkle grated cheddar cheese over the rice and allow it to melt before removing casserole from oven. Serves 6 to 8.

GROUND BEEF CASSEROLE

Agnes Rose

2 lb. ground round steak
2 tsp. salt
6 onions, sliced and fried
3 Tbsp. flour
buttered crumbs
1/2 tsp. sage
1/4 tsp. pepper
4 Tbsp. shortening
2 c. canned tomatoes
2 Tbsp. butter or margarine

Season ground meat with sage, salt and pepper. Mold into 6 balls and place in bottom of 2 quart casserole. Over this place the fried onions. Heat shortening in skillet and flour and blend, add the tomatoes, cook until thickened. Pour over onions. Cover with buttered crumbs. Bake uncovered for 1 hour at 375 degrees. 6 servings.

ITALIAN FRITTATA

Sharon Andrews

3 Tbsp. butter
1 clove garlic, crushed
1 tsp. salt
1/4 tsp. pepper
2 Tbsp. grated Parmesan cheese
12 slices pepperoni
2 Tbsp. chopped chives
8 eggs, beaten
1/4 tsp. oregano
4 oz. shredded natural mozzarella cheese

Heat butter in large skillet with oven proof or protected handle. Saute chives and garlic a few minutes. Beat eggs with salt, oregano and pepper until blended. Stir in cheese. Pour egg mixture into skillet, stirring a few times to blend in chives. Reduce heat and cook slowly until puffy and lightly browned on bottom, about 5 minutes. Arrange pepperoni slices on egg mixture, place in 350 degree oven for about 10 minutes or until knife inserted into center comes out clean. Loosen from bottom and edges with spatula and slide onto serving platter.

CHICKEN-WALNUT CASSEROLE

Tille Steele

3 c. cooked rice
10 1/2 oz. can cream of mushroom soup
1/2 c. stuffed olives, chopped
1 c. chicken broth
1/2 c. broken walnuts
2 c. cooked chicken, cut up

Combine rice, olives and walnuts. Toss lightly. Place half of

(Cont.)

mixture in a greased 1 1/2 quart casserole. Combine chicken and mushroom soup, spoon half over rice. Add remaining rice mixture, top with remaining chicken mixture, add broth. Bake, covered at 350 degrees for 1 hour. Makes 8 servings.

CHEESE SOUFFLE

Polly Murphy

1 Tbsp. butter, softened
6 eggs
1/2 c. heavy cream
1/4 c. Parmesan cheese
1/2 tsp. prepared mustard
1/2 tsp. salt
1/4 tsp. pepper
1/2 lb. sharp cheddar cheese
11 oz. cream cheese

Butter a 5 cup baking dish. Place eggs, cream, Parmesan, mustard, salt and pepper in an electric blender. Whirl until smooth. Cut cheddar cheese in pieces and add 1 piece at a time while blender is running. Do the same with the cream cheese. After all cheese has been added, whirl mixture at high speed for 5 seconds. Put in greased souffle or baking dish. Bake 50 minutes in 375 degree oven. Serve immediately.

Can be mixed 1 or 2 hours before baking.

SALMON SOUFFLE

Irene Lathrop

1 can or pint jar of salmon, drained
1 can cream of celery soup
1/2 c. cheddar cheese
1/8 tsp. dill
6 eggs, separated

Place salmon in ungreased 2 quart casserole. In blender, combine remaining ingredients, except for egg whites, and add to salmon. Beat egg whites until stiff. Fold into salmon mixture. Bake at 300 degrees for 1 hour.

If no blender is available, melt cheese in celery soup and combine beaten egg yolks and dill, then egg whites, as above.

GREEN RICE

Jane Bernasconi

1 c. rice, cooked
Add:

2 eggs, well beaten
1/4 c. sharp grated cheese
1/3 c. minced parsley
1 tsp. Worcestershire sauce
1 1/2 c. milk
1/2 Tbsp. grated onion
2/3 c. minced spinach
1 1/4 tsp. salt

Mix all ingredients together and pour into a 2 quart greased and floured casserole. Bake in 325 degree oven for 45 minutes. Serve with ham or fried chicken.

CREPES ENSENADA — Hazel Watkins

12 thin slices ham
12 tortillas
1 lb. Jack cheese, cut in 1/2 in. sticks
1 can green chiles, cut in 1/4 in. strips
cheese sauce
paprika

Place one slice of ham on each tortilla. Put one stick of cheese in center of ham slice and top with strip of chile. Roll tortilla and secure with wood pick. Place rolled tortillas, slightly separated, in a greased 13x9 baking pan. Pour the cheese sauce over the crepes to cover all. Sprinkle with paprika and bake at 350 degrees for 45 minutes. Makes 6 servings. Freezes well.

Cheese Sauce:

1/4 lb. butter or margarine
1/2 c. flour
1 qt. milk
3/4 lb. grated cheddar cheese
1 tsp. prepared mustard
1/2 tsp. salt
1/2 tsp. MSG, optional
dash pepper

Melt butter and blend in flour. Add milk, grated cheese, mustard, salt and pepper. Cook and stir until smooth.

ARROZ CON JOCOQUI (Rice and Sour Cream Casserole) — J. Riesen

3/4 lb. Monterey Jack cheese, cut into strips
3 c. sour cream, salted
2 sm. cans peeled green chiles, chopped
3 c. cooked rice
salt and pepper
1/2 c. grated cheddar cheese

Mix sour cream and chiles. Butter a 1 1/2 quart casserole well. Season rice with salt and pepper, layer rice, sour cream mixture and cheese strips in that order, ending with rice on top. Bake in 350 degree oven for 1/2 hour. During last few minutes of baking, sprinkle grated cheese over the rice and allow it to melt before removing casserole from oven. Serves 6-8. Good main dish to serve with ham, roast pork, broiled chicken or turkey. May be made with macaroni, noodles or whole hominy.

CHICKEN-TORTILLA CASSEROLE — Loralee Cole

3 chicken breasts, cooked, boned and sliced
1 doz. corn tortillas
1/2 lb. shredded sharp cheese

Blend:

(Cont.)

2 - 7 oz. cans salsa sauce
1 onion, chopped
1 can cream of mushroom soup
1 can cream of chicken soup

Layer chicken, torn tortillas, sauce and grated cheese, ending with cheese. Bake 1 hour at 350 degrees.

NOTE: If salsa sauce is too hot use 1 can salsa and 1 can of chicken broth.

SPAGHETTI SAUCE

Joan Bastian

1 1/2 Tbsp. cooking oil
2 lg. onions
2 lb. lean ground round
1 1/2 Tbsp. salt
1 tsp. pepper
1 c. water
1 - 4 oz. can mushroom stems and pieces
1 1/2 Tbsp. garlic powder, less if wished
1 tsp. onion powder
1 - 7 oz. can Ortega chiles
4 - 8 oz. cans tomato sauce
1 - 7 oz. can Ortega chile salsa sauce

Saute onions in oil. Add meat and cook until done. Add all other ingredients and simmer at least one hour or longer.

SAUSAGE AND RICE CASSEROLE

Martha Austin

1 lb. ground sausage
1 c. chopped onions
1 c. chopped bell pepper
1 c. celery, chopped
2 c. dry rice
1 c. chopped almonds or peanuts
2 cans cream of chicken soup
3 c. water

Fry sausage and pour off grease. Chop and fry onion, pepper, celery. Add to sausage, stir in soup and water mixed together. Pour all into 9x13 baking dish, bake in 350 degree oven for 1 1/2 hours.

CHILE RELLANO CASSEROLE

Jane Fisher

2 sm. cans chiles, remove seeds and veins
1/2 lb. Jack cheese
1/2 lb. sharp cheddar cheese
3 eggs, beaten
1 lg. can evap. milk
2 rounded Tbsp. flour

Arrange chiles in strips on bottom of oiled 9x6x2 1/2 baking dish. Grate cheeses over chiles. Beat eggs with milk, add flour. Pour over chiles and cheese mixture and bake for 40 minutes at 350 degrees.

CASSEROLE ITALLIANO

Agnes Johnson

1 1/2 lb. zucchini
1 c. chopped onion
1 bud garlic
2 Tbsp. butter
1 lb. ground beef
1 c. instant rice
1 tsp. basil
1 pt. cottage cheese
1 can tomato soup
2/3 c. water
1 c. grated cheese

Cook squash in water. Set aside. Cook onion and garlic in butter. Add meat and cook until red is gone. Stir in rice and basil. Put half of squash in casserole, then meat, then cottage cheese, and rest of squash. Mix soup and water and pour over all. Add cheese. Bake at 350 degrees, 35 to 40 minutes.

CHICKEN N'RICE CASSEROLE

Ann Gorton

6 chicken breasts or thighs
1 - 6 oz. pkg. seasoned rice mix
1 can cream of celery soup
1 can cream of chicken soup
1 soup can cooking wine

Mix soups with wine and pour over seasoned rice into a 9x13 inch greased baking dish. Arrange chicken pieces on top. Marinate for at least 3 hours. Bake in 350 degree oven for 1 hour covered and another 1/2 hour uncovered.

TAMALE PIE

Glorian Mairs

1 1/2 c. yellow corn meal
1 lg. can corn
1 lg. can mashed tomatoes
1 med. can black olives
2 Tbsp. chili powder
2 lg. sliced onions
1 clove garlic, simmered in 1 c. Wesson oil for 5 minutes
1 Tbsp. salt
1 tsp. black pepper
2 lb. boiled beef, shredded
2 eggs, beaten with 1 c. of milk

Mix all together adding eggs and milk last. Bake in greased baking pan for 45 minutes in 350 degree oven.

SPOON BREAD TAMALE PIE

Dorothy Raymond

2 Tbsp. oil
1 med. onion, chopped
1/2 c. chopped green pepper
1 clove garlic, minced
1 1/2 lb. ground beef
1 - 8 oz. can tomato sauce
1 Tbsp. chili powder
1 1/2 c. milk
1 tsp. salt
3 Tbsp. butter
1/2 c. corn meal
1 c. sharp cheese, grated

(Cont.)

1 - 16 oz. can whole kernel corn
1 1/2 tsp. salt
1/4 tsp. pepper
2 eggs, beaten
1 - 4 oz. can whole pitted ripe olives

Heat oil in skillet. Add onion, green pepper, garlic and ground beef. Saute until meat loses its red color. Add tomato sauce, corn, 1 1/2 teaspoon salt, pepper and chili powder. Simmer 10 minutes. Meanwhile, heat milk, 1 teaspoon salt and butter together, slowly add corn meal and cook, stirring constantly, until thick. Remove from heat and stir in cheese and eggs. Spoon corn meal mixture around edges of corn mixture in large flat baking dish. Bake at 375 degrees for 25-30 minutes.

Makes 6 servings.

RICE CASSEROLE — Florence Stockman

2 Tbsp. bell pepper, opt.
1 c. celery
1/2 c. onion
1 can mushroom soup
4 c. water
1 c. rice
1 c. leftover meat
salt and pepper to taste

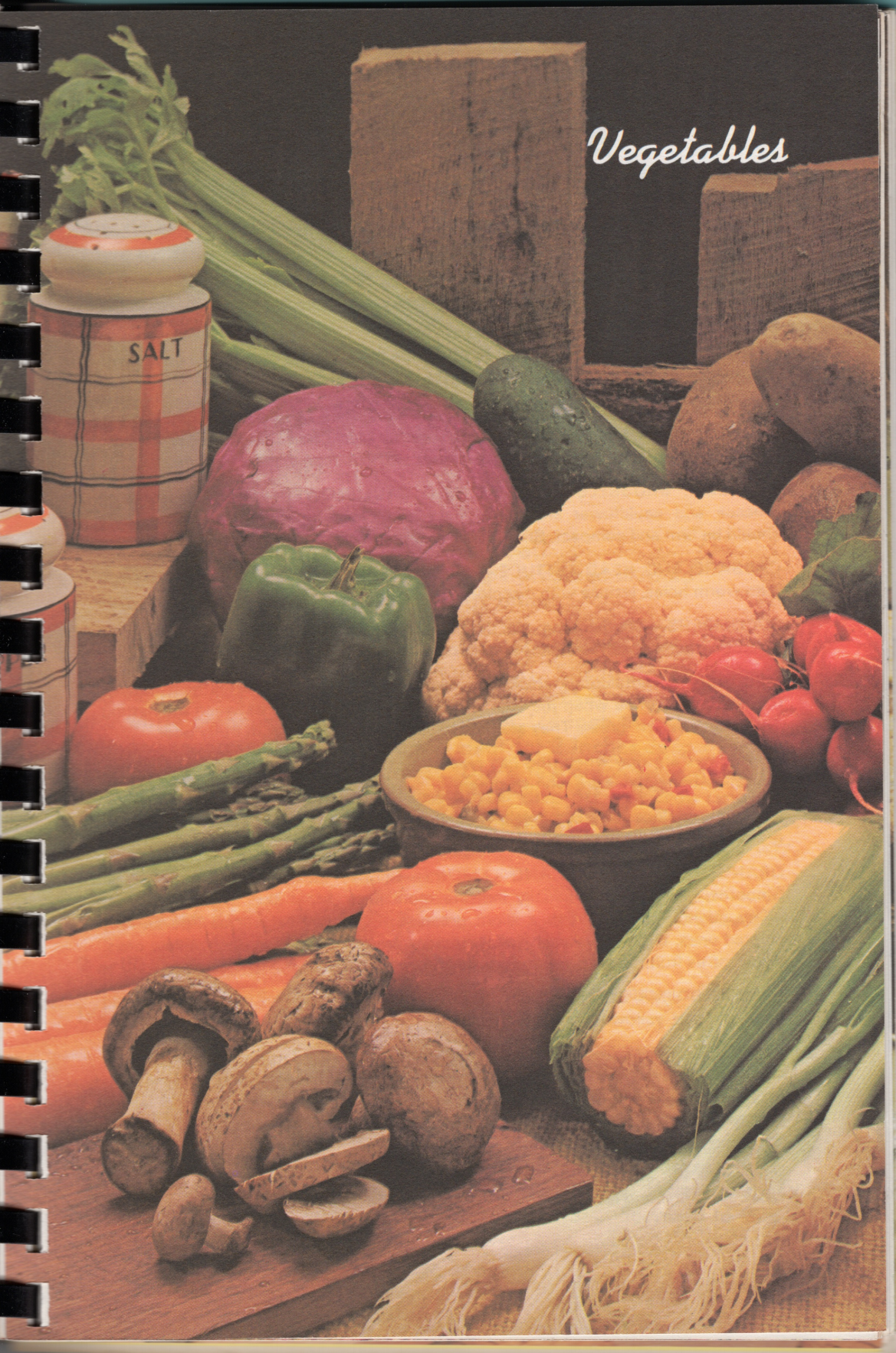
Saute celery, onion and bell pepper in oil or margarine until tender. Add mushroom soup, water and rice. Simmer for 15 minutes, stirring occasionally. Add meat and pour into a buttered casserole dish and bake in 350 degree oven for 45 minutes.

(Any kind of left over meat may be used; ham, pork, chicken, beef)

CASSEROLE CHILES RELLENOS — Alta Turner

1/2 c. butter or margarine
1 - 7 oz. can green chiles
1 lb. of cheddar or Jack cheese, grated
3 eggs
1/2 tsp. salt
2 c. milk
1 c. biscuit mix

Melt butter in 13x9 inch baking pan. Arrange chiles in layer over bottom of pan. Cover with cheese. Blend eggs, salt, milk and flour and pour over cheese. Bake at 350 degrees for 35 to 40 minutes or until golden brown. Makes 8 to 10 servings.


Vegetables
SALT

BUYING GUIDE
Fresh vegetables and fruits

Experience is the best teacher in choosing quality but here are a few pointers on buying some of the fruits and vegetables.

ASPARAGUS—Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white—they are more tender. Use asparagus soon—it toughens rapidly.

BEANS, SNAP—Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

BERRIES—Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be underripe. Strawberries without caps may be too ripe.

BROCCOLI, BRUSSELS SPROUTS, AND CAULIFLOWER—Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

CABBAGE AND HEAD LETTUCE—Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

CUCUMBERS—Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

MELONS—In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best to eat when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

ORANGES, GRAPEFRUIT, AND LEMONS—Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

PEAS AND LIMA BEANS—Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

ROOT VEGETABLES—Should be smooth and firm. Very large carrots may have woody cores, oversized radishes may be pithy, oversized turnips, beets, and parsnips may be woody. Fresh carrot tops usually mean fresh carrots, but condition of leaves on most other root vegetables does not indicate degree of freshness.

SWEET POTATOES—Porto Rico and Nancy Hall varieties—with bronze to rosy skins—are soft and sweet when cooked. Yellow to light-brown ones of the Jersey types are firmer and less moist.

HEAVENLY CARROTS

Gladys Jewett

4 c. cooked sliced carrots
1 1/2 c. croutons
1 1/4 c. shredded sharp cheddar cheese
2 eggs, beaten
1/4 c. half and half
1/4 c. margarine, melted
1 tsp. Worcestershire sauce
1 tsp. salt

Place cooked carrots in buttered 1 1/2 quart casserole. Stir in croutons and cheese. Combine remaining ingredients and pour over carrot mixture. Bake at 400 degrees for 20 minutes.

BATTER FRIED ONION RINGS

Hazel Watkins

1 c. sifted flour
1 tsp. baking powder
1/4 tsp. salt
1 egg
1 c. milk
1 Tbsp. oil
1 Tbsp. prepared mustard
4 lg. onions

Sift together flour, baking powder and salt. Beat egg until thick and light in color. Add milk and oil. Stir in flour mixture and mustard and beat until smooth. Cover and set aside in refrigerator while preparing onions. Slice onions 1/4 inch thick. Remove skin and separate slices into rings. Heat fat 2 inches deep in small deep skillet or pan to 370 degrees. Dip a few onion rings at a time in batter, using a fork. Let excess batter drip off and drop rings into fat. Fry until golden brown on both sides. Lift out and drain on paper towels. Keep warm in oven while finishing. If there are any left-overs, use in casseroles.

CASSEROLE PARTY POTATOES

L. McKenzie

9 or 10 med. potatoes
1 - 8 oz. pkg. cream cheese,
1/4 c. dairy sour cream
salt and pepper
softened butter or margarine
paprika

Cook peeled potatoes in a small amount of boiling salted water until tender, then drain. Beat softened cream cheese with sour cream until well blended. Add hot potatoes gradually, beating constantly until light and fluffy. Add more sour cream, if necessary. Season to taste. Spoon potatoes into a greased 2 quart casserole, brush with softened butter and sprinkle with paprika. When ready to serve, warm in 300 degree oven 30 to 40 minutes. Serves 6 to 8.

ZUCCHINI CASSEROLE

Barbara Choquette

2 c. mashed, cooked zucchini
1/3 c. soda cracker crumbs
2 eggs, beaten
1/2 lb. sharp cheese, grated
salt, pepper and onion salt to taste

Combine 1/3 pound cheese with all other ingredients in greased casserole. Cover with remaining cheese and bake 30 minutes at 325 degrees. Freezes well - if frozen bake 1 1/2 hours.

SPINACH ALTAVENE

J. Riesen

2 - 10 oz. pkg. chopped frozen spinach
1 c. dairy sour cream
1 pkg. onion soup mix
salt and pepper

Thaw spinach, draining off excess liquid. Combine spinach with sour cream, soup mix and salt and pepper to taste. Turn into a 1 1/2 quart flat Pyrex baking dish and bake at 350 degrees for 30 minutes. Makes 4 to 6 servings.

SUMMER SQUASH CASSEROLE

J. Riesen

2 lb. yellow squash, sliced (6 c.)
1/4 c. chopped onion
1 can condensed cream of chicken soup
1 c. sour cream
1 c. shredded carrots
1 - 8 oz. pkg. herb Stove Top seasoned stuffing mix
1/2 c. melted butter

Cook squash and onion in salted water 5 minutes. Drain. Combine soup and sour cream. Stir in carrots. Fold in squash and onion. Combine stuffing mix and butter. Spread half of stuffing mix on bottom of 12 x 7 1/2 x 2 inch baking dish. Spoon vegetable mixture on top. Sprinkle remaining stuffing over vegetables. Bake at 350 degrees for 25 to 30 minutes until heated through.

BROCCOLI CASSEROLE

Doris Dill

1/4 c. chopped onion
6 Tbsp. butter
2 tsp. flour
1/2 c. water
1 - 8 oz. jar Cheese Whiz
2 pkg. chopped broccoli (thawed and liquid thoroughly squeezed out)
3 eggs, well beaten

Fry onion in 4 tablespoons butter, add flour and water. When thick add cheese. Combine sauce with broccoli, add well-beaten eggs. Pour into greased 1 1/2 quart flat Pyrex casserole, top with

buttered cracker crumbs using the remaining 2 tablespoons butter. Bake 45 to 50 minutes in 350 degree oven. Serves 8.

DELECTABLE CARROT CASSEROLE

J. Riesen

7 Tbsp. butter
1/2 c. chopped onion
3/4 c. shredded cheddar cheese
1 - 10 1/2 oz. can cream of celery soup
4 c. cooked carrots
3 c. herbed chicken stuffing mix

Melt 3 tablespoons butter in a large skillet. Add onion and saute until tender. Add cheese, cream of celery soup and carrots and mix well. Pour mixture into a 2 quart greased casserole. Top with stuffing, mixed as directed on package. Melt remaining butter and pour over stuffing. Bake at 350 degrees for 20 minutes. Makes 12 servings.

BROCCOLI PARMESAN

Gladys Jewett

1 bunch broccoli
3 Tbsp. butter or margarine
2 Tbsp. minced onion
3 Tbsp. flour
3/4 tsp. salt
dash pepper
1/8 tsp. marjoram
1/2 tsp. dry mustard
1 chicken bouillon cube, crumbled
2 1/2 c. milk
3/4 c. Parmesan cheese

Trim, wash and cook broccoli in salted water for 15 minutes or until crisply tender. Saute onion in butter. Blend in flour, salt, pepper, marjoram, mustard and bouillon cube. Add milk gradually and cook until smooth. Add 1/2 cup cheese and stir. Pour sauce over broccoli in casserole. Sprinkle with remaining Parmesan cheese and dash of paprika. Bake at 375 degrees for 20 to 25 minutes until browned.

SQUASH AND CHILE

Polly Murphy

6 yellow crookneck squash
1/2 tsp. salt
1 Tbsp. butter
1 sm. can green chiles
1 c. grated cheddar cheese

Cook squash in water with salt and butter until tender. Drain. Add chiles and cheddar cheese to cooked squash and stir until cheese melts.

ZUCCHINI-PARMIGIANA LOAF

3/4 c. all purpose flour
2 tsp. salt
1/3 c. milk
2 lb. zucchini, cut lengthwise into 1/4 in. thick slices
salad oil
1/2 of 15 1/2 oz. jar spaghetti sauce
1/2 c. grated Parmesan cheese
1/2 of 8 oz. pkg. mozzarella cheese, shredded

About 2 hours before serving: On a sheet of waxed paper, combine flour and salt; pour milk into pie plate. Dip the zucchini in milk then coat them lightly with flour.

In 12 inch skillet over medium high heat, in 2 tablespoons oil, cook zucchini a few slices at a time until golden, turning once; add oil as needed. Drain on paper towels.

In greased 9x5 inch loaf pan, arrange half of zucchini; spoon on half of spaghetti sauce; sprinkle with half Parmesan and then top with half mozzarella; repeat. Bake in 350 degree oven for 40 minutes or until bubbly and browned. Makes 4 servings.

(410 calories and 15 grams protein per serving)

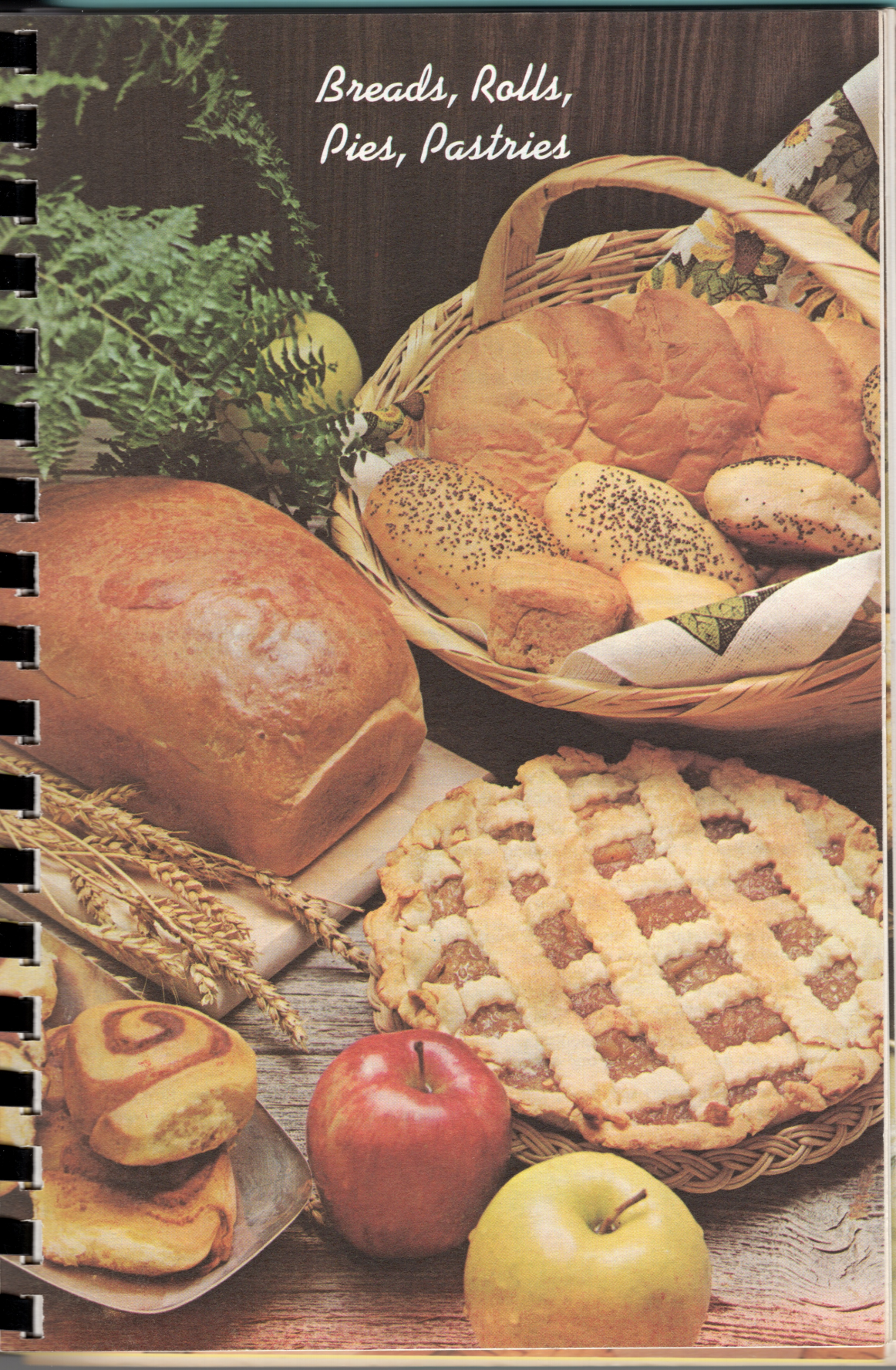
STRING BEANS BLANCHE

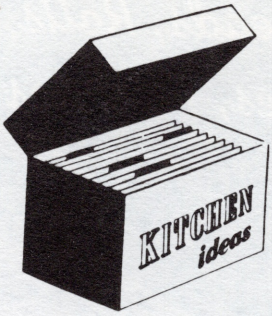
Elodie Drew

1 lb. fresh string beans, cut in inch size pieces
3 slices of bacon, diced
1/2 sm. onion, chopped fine
salt and pepper to taste
2 Tbsp. flour
1 egg white
2 tsp. vinegar

Put cut string beans into pot and cover with water. Bring to a boil and cook for about ten minutes. In a frying pan put bacon and fry until partially crisp. Add chopped onion and saute until onion is transparent. Remove bacon and onions from pan and keep warm. Reserve about 3 tablespoons of bacon fat in pan. Add flour and stir to make a roux as for gravy. Toast flour mixture for more flavor. Add liquid from green beans to make a gravy. Stir mixture into green beans and add cooked diced bacon and cooked onions. If green beans are too thick add some more water. Add salt and pepper to taste. Break egg white into small bowl or cup and whip lightly with a fork after adding two teaspoons of vinegar. Stir mixture lightly into the pot of green beans. The white from the egg gives this French vegetable dish its name (Blanche).

Optional: The yolk of the egg can be added to the green beans after they are removed from the fire. Stirred in as the white of the egg is added. Do not over cook these beans, so they will retain their green color.


Breads, Rolls,
Pies, Pastries



Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.

Sweet potatoes will not turn dark if put in salted water (five teaspoons to one quart of water) immediately after peeling.

Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of french fried potatoes.

Use a strawberry huller to peel potatoes which have been boiled in their 'jackets'.

Use greased muffin tins as molds when baking stuffed green peppers.

A few drops of lemon juice in the water will whiten boiled potatoes.

The skins will remain tender if you wrap potatoes in aluminum foil to bake them. They are attractively served in the foil, too.

If you add a little milk to water in which cauliflower is cooking, the cauliflower will remain attractively white.

When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage, and it will absorb all odor from it.

It is important when and how you add salt in cooking. To blend with soups and sauces, put it in early, but add it to meats just before taking from the stove. In cake ingredients, salt can be mixed with the eggs. When cooking vegetables always salt the water in which they are cooked. Put salt in the pan when frying fish.

It is easy to remove the white membrane from oranges—for fancy desserts or salads—by soaking them in boiling water for five minutes before you peel them.

You can get more juice from a dried up lemon if you heat it for five minutes in boiling water before you squeeze it.

If it's important to you to get walnut meats out whole, soak the nuts overnight in salt water before you crack them.

If the whipping cream looks as though it's not going to whip, add three or four drops of lemon juice or a bit of plain gelatin powder to it and it probably will.

For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.

Dip your bananas in lemon juice right after they are peeled. They will not turn dark and the faint flavor of lemon really adds quite a bit. The same may be done with apples.

VINEGAR AND EGG PIE CRUST

Ruth Morefield

4 c. flour
1 3/4 c. veg. shortening
1 Tbsp. sugar
2 tsp. salt
1 Tbsp. vinegar
1 egg
1/2 c. water

Mix together the flour, shortening, sugar and salt. Then mix together the vinegar, egg and water, then add to the mixture of flour, shortening, sugar and salt.

This makes about 4 pie crusts, depending upon the size. It works well, never gets tough and freezes well.

EVELYN'S ICE BOX PIE CRUST

Katharine Krater

2 c. shortening (Fluffo)
5 c. flour
2 tsp. salt
1 egg
2 Tbsp. vinegar
cold water

Blend shortening, flour and salt. Break egg into a 1 cup measure, beat slightly, and add vinegar filling cup with cold water. Add to flour mixture. Mix all together and store in refrigerator or freezer.

If desired, divide into balls for single crusts (about 6) or roll out and put into pie pans and then stack and freeze. Keeps and Keeps.

BUTTERMILK PIE

Mary Taylor

(This is delicious. Don't mention to your guests that is has buttermilk in it. Let them guess the ingredient.)

2 c. sugar
2 Tbsp. flour
1/4 tsp. salt
1 cube (1/2 c.) melted butter
4 eggs
1 c. buttermilk
1 tsp. vanilla
finely chopped nuts

Pour sugar, flour and salt over melted butter. Beat eggs and add. Blend in buttermilk and vanilla. Pour into unbaked pie shell; sprinkle finely chopped nuts on top. Bake at 330 degrees 45 minutes or until firm.

STUFFED PRUNE PIE

Richmond Parker

3 1/2 c. cooked prunes and juice
walnut halves
1/3 c. sugar
2 Tbsp. cornstarch
1 pastry shell, baked
2 egg whites
4 Tbsp. powdered sugar

Stuff each prune with a walnut half, or nearly. Set aside.

Mix sugar and cornstarch. Add juice from the prunes and cook over low heat until thick.

Arrange stuffed prunes in pastry shell; pour thickened mixture over it, and top with a meringue made from the egg whites and powdered sugar. Bake 15 minutes at 375 degrees.

WALNUT PIE

Opal Nix

3 egg whites
1 c. sugar
14 soda crackers, rolled fine
1 c. nut meats
1 tsp. vanilla
1 carton whipping cream
1 Tbsp. sugar
1 tsp. maple flavoring

Beat egg whites until very stiff. Add sugar. Beat thoroughly. Fold in crackers, nut meats and vanilla. Bake 30 minutes at 375 degrees in ungreased pie pan, forming a ridge around the edge like a pie shell. Cool 1 hour.

Beat whipping cream, add sugar and maple flavoring. Fill cooled shell and refrigerate at least 5 hours.

LIGHT-AS-A-CLOUD CUSTARD PIE

J. Riesen

1 can sweetened condensed milk
1 1/2 c. hot water
1/2 tsp. salt
1/2 tsp. vanilla
3 eggs, well beaten
1 - 9 in. unbaked pastry shell
nutmeg

In medium bowl, combine milk, water, salt and vanilla. Add well-beaten eggs and mix well. Pour into unbaked pie shell. Sprinkle with nutmeg. Bake at 425 degrees for 10 minutes. Reduce heat to 300 degrees and bake 20 to 25 minutes or until knife inserted near center comes out clean. Cool to room temperature and then chill.

OATMEAL PIE

J. Riesen

3/4 c. granulated sugar
3/4 c. brown sugar, packed
1/4 tsp. salt
3 eggs, beaten
3/4 c. milk
3/4 c. oats
3/4 c. shredded coconut
1 tsp. vanilla
1 unbaked (9 in.) pie crust

In bowl combine sugars and salt. Stir in beaten eggs and milk, mixing well. Add oats, coconut and vanilla. Pour into pie crust. Bake at 350 degrees 35 to 40 minutes. Makes 6 servings. Tastes quite a bit like pecan pie but is less expensive to make.

ANGEL FOOD PIE

Ruth Morefield

1 c. sugar
1/3 c. cornstarch
pinch salt
1 1/2 c. boiling water
nuts
1 tsp. vanilla
3 egg whites
baked pie crust
crushed pineapple
whipped cream

Dampen sugar and cornstarch with a little cold water. Add boiling water and cook until clear. Add salt and vanilla and cool. Beat egg whites stiff, then add to cooked mixture a teaspoon at a time, folding in well after each addition. Pour into pie shell. Spread with well drained pineapple. Top with whipped cream and nuts. Makes 8 inch pie. If desired, double for 10 inch pie.

HERSHEY PIE

Janet Laird

1/2 c. milk
15 marshmallows
6 plain Hershey bars
1/2 c. nuts
1 c. whipped cream
1 graham cracker pie crust

Heat milk and marshmallows in double boiler until melted. Add Hershey bars and nuts. Cool. Add whipped cream and pour into a graham cracker crust. Sprinkle a thin layer of the crumbs across the top. Chill.

PUMPKIN PIE

Grace Randolph

1 unbaked 9 in. pie shell
1 c. canned pumpkin
1/2 c. dark corn syrup
1/2 tsp. cinnamon
3 slightly beaten eggs
1 c. sugar
1 tsp. vanilla
1/4 tsp. salt
1 c. chopped pecans

(Cont.)

Combine and mix well all ingredients except nuts. Pour into pie shell. Top with pecans and bake at 350 degrees about 40 minutes. Serve with whipped cream.

LEMON PIE — Polly Murphy

1 unbaked pie shell
1/4 lb. butter
5 eggs
2 c. sugar
3/4 c. lemon juice

Melt and brown the butter. Beat eggs with sugar and lemon juice. Mix all together and put in an unbaked pie shell. Bake at 400 degrees for 15 minutes, then at 325 degrees until set.

PEAR CRUMBLE PIE — Lynn Poole

6 med. pears, pared, cored and cut in eighths (4 c.)
1/2 c. sugar
1/2 c. enriched flour
1/2 tsp. ginger
1/4 tsp. mace
heavy cream, whipped
3 Tbsp. lemon juice
1 tsp. grated lemon peel
1 - 9 in. pastry shell
1/2 c. sugar
1/2 tsp. cinnamon
1/3 c. butter or margarine

Mix pears, sugar, lemon peel and juice; arrange in pastry shell. Combine flour, sugar and spices; cut in butter till crumbly. Sprinkle over pears. Bake in hot oven (400 degrees) about 45 minutes or until done. Serve warm with whipped cream.

FRENCH BREAKFAST PUFFS — Doris Raub

1/3 c. soft shortening
1 egg
1/2 c. sugar
1 1/2 c. sifted flour
1/4 tsp. salt
1 1/2 tsp. baking soda
1/4 tsp. nutmeg
1/2 c. milk

Mix together thoroughly shortening, egg and sugar. Sift together flour, salt, baking soda and nutmeg. Add flour mixture to egg mixture alternating with 1/2 cup milk. Fill greased muffin cups 2/3 full. Bake until golden brown.

Immediately roll in 6 tablespoons melted butter, then in mixture of 1/2 cup sugar and 1 teaspoon cinnamon. Serve hot. Bake 20 to 25 minutes at 350 degrees. Makes 12 medium-sized muffins.

OVER-THE-PASS PANCAKES
(for camping or at home)

Mary DeDecker

This is easy when the mix is prepared ahead of time. Keep the dry mix on hand as a staple at home.

1 - 3 pkg. or cakes of yeast
1 1/2 c. warm water
1 Tbsp. sugar
2 Tbsp. bacon drippings or oil
2 whole eggs
1 c. whole wheat pastry flour
1/2 c. wheat germ
2/3 c. powdered milk
1 tsp. salt

Dissolve yeast in warm water. Add sugar, oil and eggs. Sift flour, wheat germ, powdered milk and salt into liquid mixture. (Add a little more liquid or flour if necessary). Stir with 50 strokes; let rise in a warm place while preparing breakfast, or until bubbly. Bake on a griddle.

NOTE: Dry ingredients (except yeast) may be mixed together and kept in a plastic bag in the refrigerator for use as needed. For two people, use as follows: Mix 1 package yeast in 3/4 cup warm water. When dissolved, add 1 cup dry mix. Beat 50 strokes. Add 1 egg and 1 tablespoon bacon drippings or oil. (Fat may be added after batter rises). Let rise.

RICH GOOD PANCAKES

Agnes Johnson

1/2 c. water
1 can milk
1 Tbsp. vinegar
2 eggs, separated
2 c. flour
1 tsp. salt
2 tsp. baking powder
1/2 tsp. soda
2 tsp. sugar
3 Tbsp. oil

Mix water, milk and vinegar. Add beaten egg yolks. Sift dry ingredients and add to liquid. Beat well. Add oil. Fold in beaten egg whites. Makes 12 good sized pancakes.

6-WEEK BRAN MUFFINS

5 c. flour
2 1/2 c. sugar
5 tsp. soda
2 tsp. salt
1 box raisin bran
4 eggs
1 qt. buttermilk
1 c. melted shortening, no oil

Sift flour, sugar, soda and salt together and add to raisin bran. Beat eggs and add to buttermilk and shortening. Add egg mixture to dry ingredients and mix well. Refrigerate in covered container

(Cont.)

for 6 weeks. Fill greased muffin tins or paper cups 1/2 to 3/4 full. Bake 15 minutes at 400 degrees.

YORKSHIRE PUDDING

1 c. flour
1/2 tsp. salt
1/2 c. milk
2 eggs, well beaten
1/2 c. water
meat drippings, or melted butter

Beat well flour, salt and milk. Add eggs, then water. Beat well. Bake in pan, 10x10 inches, containing 1/4 inch of hot meat drippings or melted butter. Bake in a hot oven, 400 degrees for 20 minutes. Reduce heat to 330 degrees and bake 10 or 15 minutes longer. Cut in squares. Serve with roast beef, chicken, pork, etc.

SPOON BREAD — Polly Murphy

2 c. milk
1/2 c. corn meal
3 eggs, separated
1 tsp. salt
3 Tbsp. sugar
2 Tbsp. butter

Heat together: Milk, corn meal, salt, sugar, butter. Cook until thick.

Beat in egg yolks, then add stiffly beaten egg whites. Put in greased 2 quart baking dish. Cook 45 minutes in 375 degree oven. Serve hot with butter.

MEXICAN CORNBREAD — Josia Lee Mitchell

4 eggs
2 c. yogurt
4 - 8 oz. diced green chiles
1 Tbsp. sugar
3 c. corn meal
1 tsp. soda
3 tsp. baking powder
2 c. buttermilk
2 cans creamed style corn
1/4 lb. oleo
2 tsp. salt
2 1/2 c. flour, scant
1 lb. Jack and 1 lb. sharp cheddar cheese, grated

Mix wet ingredients and 1/2 of grated cheese. Add dry ingredients. Mix and pour into greased two pans, 9x15. Top with rest of cheese. Batter is thinner than regular cornbread. Bake at 350 degrees for 45-60 minutes.

Pimentos and onions may be added.

Variations: Sour cream, yogurt, cottage cheese and cheddar cheese soup, onion or some of each.

APRICOT NUT LOAF

Bernice Flowers

1 c. dried apricots
1 c. sugar
1 egg
2 Tbsp. soft shortening
1/4 c. water
1/2 c. orange juice
2 c. sifted flour
1/4 tsp. soda
2 tsp. baking powder
1 tsp. salt
1/2 c. chopped nuts

Soak apricots in warm water to cover for 30 minutes. Drain and cut apricots with scissors into 1/4 inch pieces. Set aside.

Mix together thoroughly sugar, egg and shortening. Stir in water and orange juice. Sift together and stir in flour, soda, baking powder and salt. Blend in chopped nuts and apricots.

Line bottom of greased loaf pan with greased paper. Pour in batter; let stand 20 minutes. Bake 55 to 65 minutes at 350 degrees, until wooden pick comes out clean. Remove from pan. Take paper off immediately. Let cool.

PLYMOUTH BREAD

Agnes Rose

1/2 c. yellow corn meal
2 Tbsp. butter or margarine
2 tsp. salt
1/2 c. lukewarm water
2 c. boiling water
1/2 c. sorghum molasses
1 cake yeast
4 3/4 c. all purpose flour

Stir corn meal very slowly into boiling water, stirring constantly. Boil 5 minutes. Add butter, molasses and salt. Cool. Do not cover.

When lukewarm, add yeast which has been softened in lukewarm water. Add flour. Knead well and let rise. Shape into 2 loaves, place into well greased pans and let rise again. Bake 1 hour at 350 degrees. Remove from pans as soon as baked. Cool on wire rack.

SOUR-DOUGH FRENCH BREAD TOPPING

Jacqueline Riesen

This goes well with Mexican dinner.

1 cube butter or margarine
1 - 4 oz. can diced Ortega green chiles
1 clove minced garlic
1 c. Jack cheese, grated
mayonnaise
paprika

Mix together butter, garlic and chiles. Spread on slices of French bread.

Mix cheese with enough mayonnaise to moisten well - spread on top of butter mixture, sprinkle with paprika and brown under

(Cont.)

broiler.

The butter mixture keeps well in covered dish in refrigerator to be used any time desired.

WAFFLES

Bruce Krater

1 3/4 c. flour
3 tsp. baking powder
1/2 tsp. salt
2 beaten egg yolks
1 3/4 c. milk
1/2 c. butter or margarine, melted
2 stiffly beaten egg whites

Sift together dry ingredients. Combine yolks, milk and butter. Stir into dry ingredients. Fold in stiffly beaten whites, leaving a few fluffs. Bake.

ORANGE DESSERT PANCAKES

Katherine Krater

1 c. sifted flour
2 tsp. baking powder
1/2 tsp. salt
3 Tbsp. sugar
1 egg, slightly beaten
1/4 c. milk
3/4 c. orange juice
3 Tbsp. butter, melted

Sift flour, baking powder, salt and sugar. Combine egg, milk and orange juice and melted butter. Add liquid mixture to dry ingredients and stir JUST TO BLEND. Bake on hot griddle.

Golden Orange Sauce:

1/2 c. sugar
1 Tbsp. cornstarch
1/2 tsp. salt
1 c. orange juice
1 tsp. grated rind

Mix sugar, cornstarch and salt in saucepan. Blend in orange juice and rind. Cook, stirring constantly, until mixture boils.

HERBED ROLLS

Gwen Bell

1/4 c. butter
1 1/2 tsp. parsley flakes
1/2 tsp. dill seed
1/4 tsp. onion flakes
1 Tbsp. grated Parmesan or Tillimook cheese
1 pkg. refrigerated buttermilk biscuits

Place butter, parsley, dill seed, onion and cheese in a pie plate and melt over low heat or in oven. Blend. Cut biscuits into quarters, swish around herbed butter. Arrange each piece so that they touch. Bake in 400 degree oven for 12 minutes.

ZUCCHINI BREAD

Virginia Stockman

3 c. flour
1 1/2 c. sugar
1 tsp. each: cinnamon, salt and baking powder
3/4 tsp. baking soda
2 c. shredded unpeeled zucchini
1 c. chopped nuts
1 c. raisins
3 eggs
1 c. oil

In large bowl stir together flour, sugar, cinnamon, salt, baking powder, soda, zucchini, nuts and raisins. In another bowl beat eggs and oil. Pour over flour mixture and stir until moistened. Turn into greased 8x5x3 inch loaf pan. Bake in 350 degree oven 1 hour 30 minutes or until pick inserted in center comes out clean.

Cool in pan 10 minutes, invert on rack, turn top side up and cool completely.

SWEET FRENCH BREAD

Diane Drew Wright

2 Tbsp. salt
1/4 c. shortening
4 pkg. yeast
1/4 c. sugar or honey
5 c. warm water

Combine yeast and water, dissolve yeast, add rest of ingredients as listed. Add 2 cups of flour, beat with electric mixer, adding a total of 10 to 12 cups of flour. Knead on floured surface until smooth, then cover. Work down every 10 minutes, 4 to 5 times. Divide in 4 parts, roll out until 1/2 inch thick. Roll like jelly roll. Place 2 loaves on greased cookie sheet. Raise for 1/2 hour. Slash with knife 1/2 inch deep. Brush with beaten egg yolk mixed with 2 tablespoons milk. Bake 25 minutes at 400 degrees or 30 to 35 minutes at 350 degrees.

This takes only 2 hours from start to finish.

COBBLER PIE

Florence Stockman

1 qt. any kind of fruit

Put 1/2 into 9x9 metal pan and place on medium heat. Place remaining half into saucepan over medium heat.

Prepare a rich biscuit dough:

1 c. flour
1/2 tsp. baking powder
1/4 tsp. salt
1/2 c. shortening

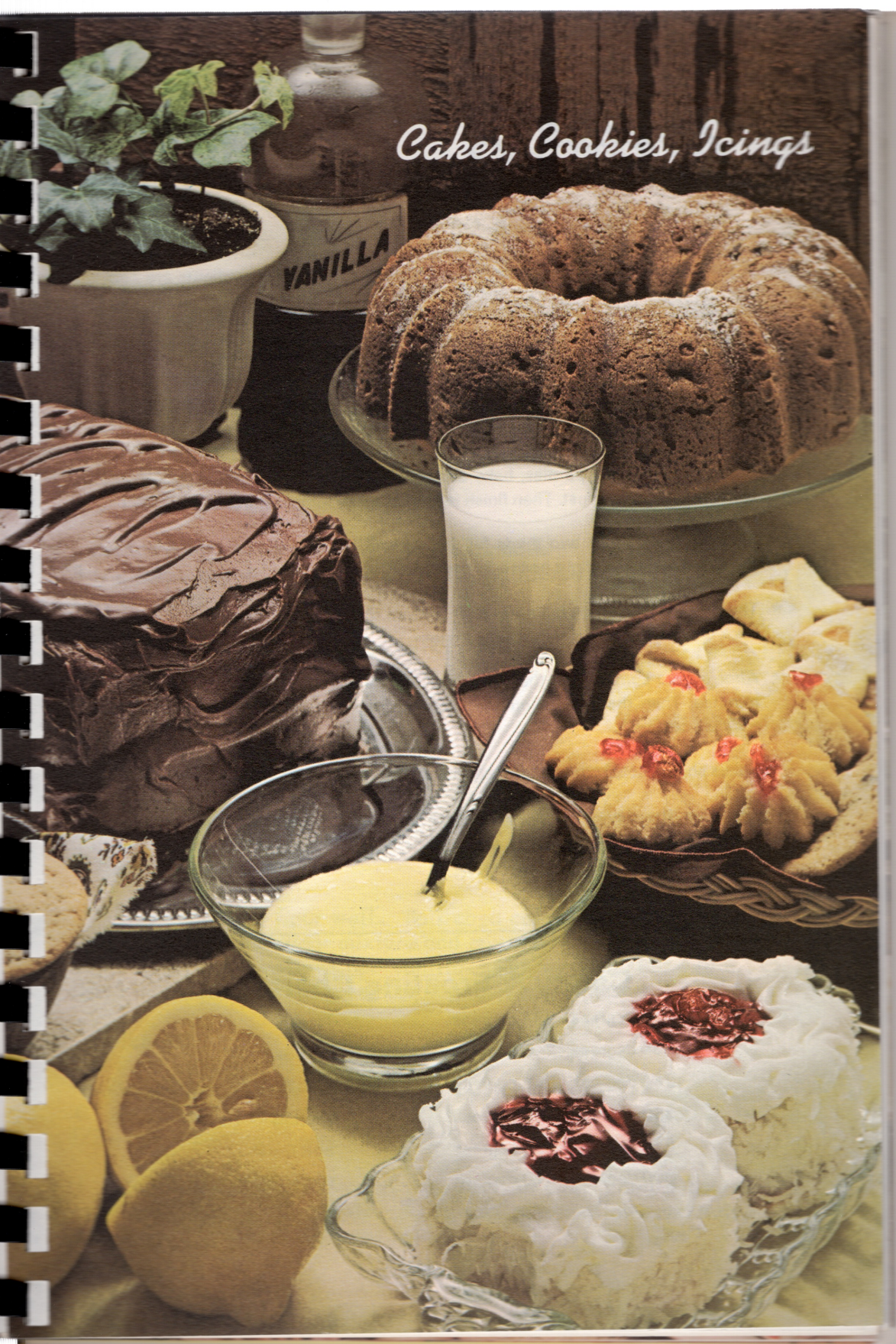
Cut shortening into small pieces. Add enough water to hold dough together.

Roll out 1/2 dough and cover fruit in 9x9 pan, cover with fruit

(Cont.)

from saucepan. Allow to simmer while rolling out remaining dough. Cover fruit, sprinkle top with wee bit of sugar, dot with margarine or butter. Place in 450 degree oven until golden brown.

Write your extra recipes here:


Cakes, Cookies, Icings
VANILLA

Worth Remembering

★ A pie crust will be more easily made and better if all the ingredients are cool.

★ The lower crust should be placed in the pan so that it covers the surface smoothly. And be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.

★ Folding the top crust over the lower crust before crimping will keep the juices in the pie.

★ In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.

★ Fill cake pans about two-thirds full and spread batter well into corners and to the sides, leaving a slight hollow in the center.

★ The cake is done when it shrinks slightly from the sides of the pan or if it springs back when touched lightly with the finger.

★ After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on rack to finish cooling.

★ Cakes should not be frosted until thoroughly cool.

★ Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Candy & Frosting Chart

230 degrees - 234 degrees	Thread
234 degrees - 240 degrees	Soft Ball
244 degrees - 248 degrees	Firm Ball
250 degrees - 266 degrees	Hard Ball
270 degrees - 290 degrees	Soft Crack
300 degrees - 310 degrees	Hard Crack

22 MINUTE CAKE

Polly Murphy

2 c. flour
2 c. sugar
1 c. water
1/2 c. oleo, 1 stick
3 1/2 Tbsp. cocoa
1/2 c. buttermilk
2 eggs
1 tsp. each soda and vanilla

Combine flour and sugar in large bowl (do not use mixer). In saucepan combine oleo, water and cocoa. Bring to boil and pour over flour and sugar mixture. Mix buttermilk, eggs, soda and vanilla and add to other mixture. Pour into 9x15 greased pan. Bake 20 minutes at 400 degrees.

Frosting:

1 stick oleo
3 1/2 Tbsp. cocoa
1 c. chopped nuts
1/3 c. milk
1 lb. powdered sugar

Combine oleo, cocoa and milk. Bring to a boil. Add powdered sugar and nuts. Pour over hot cake.

COCA COLA CAKE

Agnes Johnson

2 c. sugar
2 c. flour
1 c. coca cola
2 cubes butter or oleo
6 Tbsp. cocoa
2 eggs, well beaten
1/2 c. buttermilk
1 tsp. soda
1 c. sm. marshmallows
1 tsp. vanilla

Mix sugar and flour well. Boil coca cola, butter and cocoa. Pour over flour and sugar mixture and mix well. Add eggs, buttermilk, soda, marshmallows and vanilla. Mix well and bake in a 12x15 inch pan at 350 degrees for 45 minutes. Batter will be thin.

Icing:

1 cube butter
4 Tbsp. cocoa
1/2 c. sm. marshmallows
1/4 c. coca cola
1 lb. box powdered sugar
1/2 c. nuts, optional

Boil butter, coca cola and cocoa. Pour over a pound box of powdered sugar and mix well. Add small marshmallows and nuts, mixing well. Spread on warm cake.

DANISH APPLE SQUARES

Anabel Gorton

1 egg
1/4 c. oil
1 c. sifted flour
1 tsp. cinnamon
1 c. chopped nuts
1 c. sugar
2 c. diced apples
1 tsp. soda
1/2 tsp. salt

Beat egg in mixing bowl. Add sugar, oil and apples. Measure flour, soda, cinnamon and salt into sifter and sift over apples. Beat with spoon until well mixed. Stir in nuts.

Spread in greased 13x9x2 inch baking pan. Bake at 350 degrees for 40 minutes. Cut in squares and serve warm or cold with pudding sauce.

Pudding Sauce:

1/2 c. sugar
1 Tbsp. butter
1 c. hot water
1 Tbsp. flour
1/2 tsp. nutmeg or mace

Stir sugar and flour together in saucepan. Add butter, mace and hot water. Bring to boil, stirring constantly. Cook one minute. Serve warm - Makes about 1 cup sauce.

CHOCOLATE MINT STICKS

Ned Gilfillan

1/2 c. margarine
1 c. sugar
2 eggs
1 tsp. vanilla
2 - 1 oz. sq. chocolate
1/2 c. sifted flour
1/2 c. chopped walnuts

Cream margarine and sugar. Add eggs, vanilla, flour and walnuts. Bake at 350 degrees for 25 minutes.

Frosting:

1 c. powdered sugar
2 Tbsp. butter
1 Tbsp. cream
1/4 tsp. peppermint

Spread over cooled brownies. Then melt one square of chocolate with 1 tablespoon butter and let it roll over top of frosting. Chill.

BOOZE CAKE

Elodie Drew

3/4 c. sugar
1 egg
1 c. seeded raisins
1/2 c. shortening
2 c. flour
1/2 tsp. salt
1 tsp. cinnamon
1/2 tsp. allspice
1/2 tsp. ntumeg
1 tsp. vanilla
1/2 tsp. lemon extract
1 tsp. soda
1/2 c. chopped nuts

Cook raisins in 2 cups of water about 20 minutes or less if the raisins boil fast. Drain and keep the liquid. There should be one cup. Cream the shortening; add sugar and beaten egg and mix. Add spices, salt, soda, vanilla and lemon extract. Sift in flour alternately with liquid from raisins. Add cooked raisins and nuts (slightly floured). Bake in a loaf or in two layers, at 350 degrees. Loaf takes 95 to 100 minutes.

Frosting:

2 1/2 c. powdered sugar
1 tsp. vanilla
1/2 c. butter or margarine
1 tsp. lemon extract
2 Tbsp. hot water or fruit juice

BANANA DREAM CAKE

Hazel Watkins

1/2 c. butter
1 c. light brown sugar
1/2 c. granulated sugar
2 eggs
1 tsp. grated orange
1 1/4 c. sifted flour
3/4 tsp. soda
1/2 tsp. baking powder
1/2 tsp. salt
1/3 c. buttermilk
3/4 c. oatmeal
1 c. mashed bananas

Bake in 2 greased and floured 8 inch pans or one 10 inch pan. At 350 degrees for 25 to 30 minutes.

Frosting:

2 or 3 oz. cream cheese
1/4 c. sifted powdered sugar
pinch of salt

COFFEE CAKE

Vesta Bell

1/2 c. sugar
1 c. brown sugar
2 c. flour
1/2 tsp. salt
1/2 tsp. soda
1 or 2 eggs
2 tsp. baking powder
1 tsp. nutmeg

(Cont.)

3/4 c. Wesson oil
1 c. buttermilk
1 tsp. cinnamon
1/2 c. chopped walnuts

In mixing bowl place sugars, flour, salt and oil and mix together. Take out 1/2 cup of this mixture, then continue mixing cake with milk, soda, baking powder and eggs. Pour into a greased and floured 12 1/2 x 8 inch baking dish. To the reserved 1/2 cup flour mixture, add nuts, nutmeg and cinnamon, sprinkle over batter and bake cake 30 to 40 minutes in 350 degree oven. This is an OLD family recipe, moist and good.

LEMON FILLING — Elva E. Bell
(Good for any cake)

3/4 c. sugar
2 Tbsp. cornstarch
1/4 tsp. salt
3/4 c. cold water
1 egg yolk, beaten
3 Tbsp. lemon juice
1 Tbsp. butter

Mix sugar, cornstarch and salt. Add water, egg yolk, lemon juice. Cook slowly until thickened. Remove from fire and add butter. Let cool and spread between layers of any cake.

POTATO CAKE — Elodie Drew
(Recipe nearly 60 years old)

2/3 c. butter
2 c. sugar
4 eggs, separated
2 c. flour
2 tsp. baking powder
1/2 tsp. salt
1/2 tsp. ginger
1 tsp. cinnamon
1/4 tsp. cloves
2/3 c. ground chocolate
1 c. boiled mashed potatoes
1 tsp. vanilla
1/2 c. milk
1 c. chopped nuts

Cream butter, add sugar and mix. Beat egg yolks and add. Sift flour, baking powder, salt, spices and ground chocolate. Add mashed potatoes and vanilla to first mix, then add flour mixture and milk alternately. Beat egg whites and, after adding nuts (slightly floured), fold in. Bake in two layers or large loaf at 350 degrees. It takes an hour or more to bake a large loaf.

Frost. Use a butter cream or a 7-Minute frosting.

GLORIOUS SPONGE CAKE

Elva Bell

6 eggs, separated
1 c. sugar
1/4 c. cold water
1 tsp. flavoring (vanilla or lemon)
1/2 tsp. cream of tartar
1/4 tsp. salt
1 tsp. lemon rind
1 c. flour

Beat egg yolks until thick and lemon colored. Add sugar gradually, beating well. Add water, flavoring, lemon rind, salt, cream of tartar and flour. Beat well.

Beat egg whites until light and fluffy but not dry. Fold into egg yolk mixture.

Bake in ungreased tube pan 60 to 65 minutes in slow moderate oven about 300 degrees. Cool well and remove from pan.

MY FAVORITE DEVILS FOOD

Margie Griggs

1 1/4 c. sugar
2 lg. eggs, beaten
1 3/4 c. flour
1/2 tsp. soda
salt
1/2 c. shortening (half butter)
3 sq. Baker's chocolate, melted and cooled
1 c. buttermilk

Cream sugar and shortening well. Beat eggs until light. Add to creamed shortening and sugar. Add sifted, measured flour and mix well. Add buttermilk and soda. Beat again. Have chocolate melted and add just warm - not hot. Bake at 325 degrees for 1/2 hour. Will spring back when lightly touched with finger. This is delicious with a filling and either chocolate or orange icing.

DUMP CAKE

Hazel Watkins

1 can (1 lb. 4 oz.) crushed pineapple
1 can (1 lb. 5 oz.) cherry pie filling
1 box cake mix
2 sticks oleo, melted
1/2 c. chopped nuts

Put pineapple and pie filling in a 9x13 pan. Spread or sprinkle dry cake mix over top. Drizzle melted oleo over top and sprinkle the nuts over this. Bake at 350 degrees for 1 hour.

CHERRY NUT POUND CAKE

Deanne Kilpatrick

1/2 c. margarine
1/2 c. shortening
1 lb. powdered sugar
5 eggs
1 tsp. vanilla
1/4 tsp. almond flavoring
3 c. all purpose flour
2 tsp. baking powder
1/4 tsp. salt
1 c. milk
1/2 c. chopped nuts
1 - 4 oz. jar maraschino cherries, drained, chopped

Cream margarine and shortening. Gradually add sugar and cream mixture until fluffy. Add eggs one at a time, beating well after each addition. Stir in extracts. Sift together dry ingredients and add alternately with milk. Fold in nuts and cherries. Turn into greased and floured 10 inch tube pan. Bake at 350 degrees for 1 hour or until wooden toothpick comes out clean. Needs no frosting.

CRAZY CAKE RECIPE

Mary Taylor

1 1/2 c. flour
1 c. sugar
3 Tbsp. cocoa, unsweetened
1 tsp. baking soda
1/2 tsp. salt
6 Tbsp. oil
1 Tbsp. vinegar
1 Tbsp. vanilla
1 c. cold water

Sift together all dry ingredients into ungreased 8 inch cake pan. Make 3 little holes in dry ingredients. Into one - put oil, the second - put vinegar and the third - put vanilla. Pour cold water over all. Stir with fork (DO NOT BEAT). Bake 30 minutes in 350 degree oven. Cake must be served from the pan. Makes a delicious chocolate cake.

POUND CAKE

Polly Murphy

1 lb. butter (you can use half margarine)
1 lb. sugar
1/4 c. water
1 tsp. vanilla
10 lg. eggs, must be fresh
1 lb. flour

PLEASE use scales to weigh ingredients.

Put butter in large bowl of electric mixer. Cream well; slowly add sugar then water and vanilla. Add one egg at a time and a little flour (at cake mix speed) until all eggs and flour are used. Bake in large, greased tube pan or 2 bread size pans for 1 hour 15 minutes in a 350 degree oven.

VANILLA WAFER CAKE

Elsie Ivey

1/2 lb. butter
6 eggs
1/2 c. milk
1 c. finely chopped pecans
2 c. sugar
12 oz. box vanilla wafers
7 oz. pkg. coconut

Cream butter and sugar. Beat in eggs one at a time until smooth and fluffy. Add finely crushed vanilla wafers, alternately with milk. Fold in coconut and nuts. Bake in greased, floured tube pan at 375 degrees for 1 hour and 15 minutes or until done.

APPLESAUCE HONEY NUT CAKE

Evelyn-Mae Nikolaus

2 c. applesauce
6 Tbsp. oleo
1 tsp. vanilla
2 c. flour
2 c. honey
2 tsp. soda
2 eggs
2 c. nuts, chopped

Melt oleo. Blend in applesauce, honey, soda, vanilla, eggs, flour; beat well. Blend in nuts. Pour into greased and floured 9x13 inch pan or two nine-inch layer pans. Bake at 350 degrees 35 to 45 minutes; less time for layers.

WHIPPING CREAM NUT LOAF

Rose Caipen

1 egg
3 c. sifted flour
4 tsp. baking powder
1/2 tsp. nutmeg
1/2 pt. whipping cream
1 c. sugar
1 1/2 tsp. salt
1 1/2 c. chopped walnuts

Beat egg lightly in large mixing bowl. Add whipping cream. Resift flour with sugar, baking powder, salt and nutmeg. Add to egg-cream mixture, mixing until all flour is moistened. Batter need not be perfectly smooth. Stir in walnuts. Turn into greased loaf pan (9 1/2 x 5 1/4 x 2 3/4 inches). Let stand 15 minutes before putting in oven. Bake in a 350 degree oven for 1 hour and 10 minutes, or until foodpick inserted in center of loaf comes out clean. Let stand 10 minutes. Turn out onto wire rack to cool. Makes 1 large loaf.

RAISIN NUT CAKE

Dorothy Raymond

2 c. hot water
2 c. sugar
5 Tbsp. shortening
1 1/2 c. raisins
3/4 tsp. salt
1 tsp. soda
2 tsp. cinnamon
1 tsp. cloves

(Cont.)

3 c. flour

1/2 tsp. nutmeg
1 c. nuts

Combine hot water, sugar, shortening and raisins and bring to boil; let simmer 20 minutes. Cool to room temperature. Combine remaining ingredients and add sugar-shortening mixture. Bake one hour at 325 degrees. If you want fruit cake, just add desired fruit.

HONEY GINGERBREAD

Ernie Morris

1 egg, well beaten
1 c. dairy sour cream
1 c. honey
2 1/2 c. sifted all purpose flour
1/2 tsp. salt
1 tsp. soda
1 tsp. baking powder
2 tsp. ginger
1/2 tsp. cinnamon
1/4 c. oil

Preheat oven to 350 degrees (moderate). In small bowl beat egg well. Combine sour cream and honey. Blend into beaten egg. Sift together dry ingredients. Place in large bowl. Add egg mixture to dry ingredients. Beat well. Blend in oil. Pour into well greased 9x9x2 inch pan. Bake 30 to 40 minutes or until done in center. Cool on rack 5 minutes. Remove from pan. Cut in squares. Serve warm.

OATMEAL DROP COOKIES

Helen Krater Strickley

Mix together thoroughly:

1/2 c. soft shortening
1 1/4 c. sugar
2 eggs
6 Tbsp. molasses

Sift together and stir in:

1 3/4 c. sifted flour
1 tsp. soda
1 tsp. salt
1 tsp. cinnamon

Stir in:

2 c. rolled oats
1/2 c. cut up nuts
1 c. cut up raisins

I use stoneground whole wheat flour, throw in a little wheat germ (2-3 tablespoons) in place of a little of the oatmeal, and use any mixture of raisins, nuts, dates and sunflower seeds to make up the 1 1/2 cups.

Drop rounded teaspoonfuls about 2 inches apart on lightly greased baking sheet. Bake until lightly browned in 400 degree oven (8 to 10 minutes)

STOLLEN

Helen Krater Strickley

1 loaf (1 lb.) frozen bread dough
1/2 c. chopped candied mixed nuts
1/4 c. currants, 1/4 c. golden raisins
1/4 c. chopped nuts or blanched toasted almonds
1 Tbsp. brandy if desired
1 Tbsp. white corn syrup and 1 tsp. brandy

1. Let loaf soften at room temperature (1 hour or more). Flatten or roll out on floured board.
2. Mix together fruit, currants, nuts, raisins and brandy.
3. Place mixture in center of dough and fold over. Knead into dough.
4. Roll into oval 1/3 inch thick. Fold as for Parker House rolls.
5. Place on greased cookie sheet and roll dough lightly with floured rolling pin.
6. Bake at 375 degrees, 20 to 25 minutes.
7. While hot brush with 1 tablespoon white corn syrup which has been mixed with 1 teaspoon brandy. Cool on rack. Sprinkle with powdered sugar.

FRESH FRUIT KUCHEN

Maxine Riell

Ingredients: Fresh plums, apricots, peaches, apples, or pears can be used.

2 c. flour
pinch salt
2 tsp. baking powder
1 3/4 c. sugar
1/2 cube butter
1 c. milk
1 egg
1 tsp. vanilla or almond extract

Mix flour, salt, baking powder, sugar and butter with pastry blender. Then add the milk, egg, and extract. Pour batter into greased 9x9 inch pan. Top with fresh fruit (halve apricots and plums, slice apples, pears, peaches) sprinkle cinnamon mixed with sugar on top and bake at 350 degrees approximately 1 hour. Good served as a coffee cake or for dessert with ice cream.

ELEGANT CAKE

Jan Ellis

1 pkg. yellow cake mix
1 - 8 oz. pkg. cream cheese
1 lg. carton Cool Whip
1 pkg. instant vanilla pudding
1 1/2 c. milk
1 lg. can crushed pineapple, drained
shredded coconut

Bake cake mix in 12x15 inch pan for 15 minutes. Cool. Beat cream cheese. Blend with Cool Whip. Prepare instant pudding with milk. Fold into cream cheese and Cool Whip mixture. Spread over

(Cont.)

cooled cake. Arrange pineapple on top. Sprinkle coconut on top. Refrigerate overnight. Serves 15.

SWEDISH COOKIES

Katharine Krater

1/2 lb. butter (half of this may be margarine)
1/2 c. powdered sugar
1 3/4 c. flour
1 c. chopped nuts
1 tsp. vanilla

Cream butter, add sugar slowly, then flour, nuts and vanilla. Chill, roll into small balls and pat down. Bake 15 minutes at 350 degrees. Roll in powdered sugar and put in cookie jar.

LEMON REFRIGERATOR CAKE

J. Riesen

1 - 3 oz. pkg. lemon jello
3/4 c. boiling water
1/2 c. cold water
1 pkg. lemon, sour cream or white cake mix

Bake cake as directed on package in 13x9x2 inch cake pan. Cool cake for 20 minutes, then poke deep holes into cake with ice pick or meat fork. Dissolve jello in boiling water and add cold water. With a cup, slowly pour jello mixture into holes in cake. Refrigerate cake and prepare topping.

Topping:

1 sm. carton Cool Whip
1 sm. pkg. cream cheese
1 lg. pkg. instant lemon pudding
1 1/2 c. cold milk

Whip all with electric mixer until fluffy. Spread over cool cake and sprinkle with flaked coconut.

DARK FRUIT CAKE

Marjorie Pomtier

1 lb. fresh side pork, ground fine
2 c. boiling water
2 c. dark brown sugar
1 c. molasses, mild
1 tsp. soda
1 box seeded raisins
1 box seedless raisins
1 box currants
2 lb. chopped dates
1 lb. candied fruit
2 c. chopped nuts
4 c. flour
1 tsp. cinnamon
1 tsp. cloves
1 tsp. allspice
1 tsp. nutmeg
1 tsp. (rounded) baking powder

Pour the boiling water on the pork; add sugar, molasses and soda.

Mix well. Stir in raisins, currants, dates, candied fruit and walnuts. Sift spices and baking powder with the flour and add. Grease loaf pans and line with paper. Do not use Pyrex. Bake approximately 3 hours at 275 degrees. Makes 3 cakes. If wrapped in Saran and then foil, sealed tight, will keep a year in freezer.

BAKED DONUTS

Maudie Little

1/3 c. Crisco
1/2 c. sugar
1 egg
1 1/2 c. flour
1 1/2 tsp. baking powder
1/2 tsp. salt
1/4 tsp. nutmeg
1/2 c. milk
1 stick butter *
3/4 c. sugar *
1 1/2 tsp. cinnamon *

* To dip and roll donuts in.

Beat Crisco, sugar and egg together. Sift flour, baking powder, salt and nutmeg. Add with milk. Fill greased muffin pans 2/3 full. Bake at 350 degrees for 15 to 20 minutes.

Melt 1 stick butter. Dip donuts in butter, then in sugar-cinnamon mixture. You may shake or dip donuts. Drain on paper towels.

PEANUT BUTTER COOKIES

Mary Gillespie

1 c. shortening
1 c. white sugar
1 c. peanut butter
1 tsp. baking soda
1 tsp. vanilla
1 c. brown sugar
2 eggs
2 c. flour
1 tsp. baking powder

Mix well. Roll in balls. Flatten with fork dipped in cold water. Bake at 350 degrees till done.

RANGER COOKIES

Meriba Lewis

1 c. shortening
1 c. granulated sugar
1 c. brown sugar
2 eggs
1 tsp. vanilla
2 c. flour
1/2 tsp. baking powder
1 tsp. soda
1/2 tsp. salt
2 c. Quick cooking oatmeal
2 c. Wheaties or corn flakes
1 c. coconut or walnuts

Cream shortening, add sugar, well beaten eggs and vanilla. Sift flour, measure and add baking powder, soda and salt. Add to the creamed mixture, blend in oatmeal, wheaties and coconut. Drop by spoonfuls on greased pan and bake 12 to 15 minutes at 375 degrees.

PRAIRIE COOKIES

Rose Caipen

1 c. butter or oleo
1 c. white sugar
1 c. brown sugar
2 eggs, well beaten
1 tsp. vanilla
9 oz. can crushed pineapple, undrained
4 c. flour
1 tsp. soda
1 c. nuts, chopped fine

Cream together butter and sugars. Add eggs, vanilla, pineapple and nuts. Sift together flour and soda and add. Mix well. Drop by large spoonfuls on well-greased and floured cookie sheet. Bake at 375 degrees, 10 to 14 minutes or until brown. Frost, if desired, using cherry juice instead of milk. Makes 5 to 6 dozen.

PINEAPPLE COOKIES

Elva E. Bell

2/3 c. shortening
1 1/2 c. sugar
2 eggs
4 Tbsp. pineapple juice
3 c. flour
1 tsp. lemon juice or 1/2 tsp. extract of lemon
1/4 tsp. salt
1/2 tsp. soda (dissolved in 1 Tbsp. hot water)

Mix as for any cookie and place on baking sheet in small balls. Press a piece of pineapple on top of each cookie before baking. Bake 350 degrees until delicately browned.

MARY V'S THREE-LAYER COOKIES

Katharine Krater

1 c. flour
1/4 lb. butter
1 Tbsp. sugar
pinch of salt

Mix like pie dough. Line bottom of 9 inch square pan by pressing mixture firmly into it. Bake about 10 minutes at 350 degrees.

1 c. brown sugar
1 c. chopped nuts
2 Tbsp. flour
2 eggs, well beaten
2 tsp. vanilla
1/2 c. coconut

Mix all together and pour over crust mixture. Bake 325 degrees until top part is set when tested with toothpick. Cool.

Frost with powdered sugar and butter frosting - not too thick. When cool cut into 49 squares.

PINEAPPLE TEA CAKES

Mavis Slater

1/2 c. shortening, Crisco
1/2 c. granulated sugar
1/2 c. brown sugar, firmly packed
2 eggs
1/2 c. sweetened crushed pineapple (pulp and juice)
1/2 c. water
2 c. sifted enriched flour
1/2 tsp. baking soda
1 tsp. double-acting baking powder
1 tsp. salt
1 tsp. vanilla
6 oz. pkg. semi-sweet chocolate bits

Cream shortening. Add sugar gradually. Cream well. Blend in eggs. Beat for 1 minute. Add pineapple and water. Add creamed mixture to dry ingredients. Add vanilla and chocolate bits. Divide batter into three, 6 cupcake pans, lined with paper cups. Fill one-half full. Bake at 350 degrees, 20-25 minutes. Cool and frost with pineapple butter frosting.

PINEAPPLE BUTTER FROSTING

Mavis Slater

1/4 c. melted butter
3 c. confectioner's sugar
6 Tbsp. crushed pineapple (pulp and juice)

Mix butter and one cup of the sugar. Blend in pineapple and remaining sugar. Add 3 drops green food coloring for attractive cupcakes.

PATTY TARTS

Janet Laird

3/4 c. lard
pinch of salt
1 3/4 c. flour
cold water
1/2 c. sugar
3 eggs
1 sq. softened butter
1 c. walnuts, chopped fine
1 c. dates or raisins

Make a pastry of lard, salt, flour and just enough cold water to mix and handle. Roll and cut individual pieces around a large cup. Place in the individual cups of the 12 parts of a muffin pan.

Mix together all other ingredients, saving out the whites of 2 of the eggs. Fill each pastry 3/4 full, as this will rise as it bakes. Bake 25 minutes at 400 degrees.

Prepare a meringue with the remaining 2 egg whites and 1/4 cup sugar. Top each tart and bake 5 or 10 minutes, as needed to brown meringue.

SUGARLESS, FLOURLESS OATMEAL COOKIES

Cecil Haines

1/4 c. margarine, melted
1 egg
1 1/4 c. powdered skim milk
1/2 tsp. cinnamon
1 tsp. vanilla
2 Tbsp. water
1 tsp. baking powder
1 c. quick oats
1/4 c. raisins
1 tsp. mapeline

Mix ingredients together well. Drop by spoonfuls on greased baking sheet. Bake at 350 degrees for 10 minutes.

MY FAVORITE MOLASSES COOKIES

Margie Griggs

3/4 c. shortening
1 c. sugar
1/4 c. molasses
1 egg
2 c. flour
2 tsp. baking soda
1/2 tsp. salt
1/2 tsp. cloves and ginger
1/2 tsp. cinnamon

Melt shortening in large saucepan, cool. Add sugar, molasses and egg. Beat well. Add flour with spices. Mix well and chill.

Form 1 inch balls and roll in granulated sugar. Place on greased cookie sheet two inches apart. Bake in moderate oven 350 to 375 degrees (according to degree of oven) 8 to 10 minutes. They will soften if kept in a cookie jar.

50 BROWNIES

Agnes Johnson

1 1/2 c. butter
3 c. sugar
1 Tbsp. vanilla
6 eggs, well beaten
1 1/2 c. flour
1 c. cocoa
1/2 tsp. salt
1 1/2 c. chopped nuts

Cream butter. Add sugar and mix well. Add vanilla and eggs. Set aside. Sift flour, cocoa and salt together. Mix into creamed mixture. Mix well. Add nuts. Pour into large pan. Bake at 350 degrees 25 minutes. Cool and cut into 2x2 inch squares.

OATMEAL COOKIES

Agnes Johnson

1 c. Crisco
1 c. brown sugar
1 c. white sugar
2 eggs
1 tsp. vanilla
1 1/2 c. flour
1 tsp. soda
1/2 tsp. salt
1 tsp. cinnamon
3 c. oatmeal
1/2 c. chopped nuts

Cream Crisco, sugar and eggs well. Add vanilla. Add flour. Mix well. Add rest of ingredients and mix well. Drop by teaspoonful on cookie sheet. Bake for 18 to 20 minutes in 325 degree oven.

PRAIRIE COOKIES

1 c. butter or oleo
1 c. brown sugar
1 c. white sugar
2 well-beaten eggs
9 oz. can crushed pineapple, with juice
1 tsp. vanilla
1 c. ground nuts
4 c. flour, sifted with 1 tsp. soda

Cream together butter and sugar. Add remaining ingredients and mix. Drop by large spoonfuls on well greased and floured cookie sheet. Bake in moderate oven, 375 degrees, 10 to 14 minutes, or until brown. Makes 5 or 6 dozen cookies.

Frost if desired, using cherry juice instead of milk.

PRUNE BARS

Gladys Jewett

1 c. boiling water
1 lb. prunes, chopped
3 eggs, well beaten
1/2 c. oil
2 c. sifted flour
1 1/2 c. sugar
1 tsp. salt
1 1/4 tsp. soda
1 tsp. cinnamon
1 tsp. cloves
1/2 c. chopped nuts

Pour boiling water over prunes; allow to cool. Combine beaten eggs and oil. Add sifted flour, sugar, salt, soda and spices. Mix well and stir in prunes and nuts. Turn into greased pan, 15 x 10 x 1 inches. Bake 35 minutes at 350 degrees.

BUTTERSCOTCH SQUARES

1/2 c. margarine
2 c. brown sugar
2 eggs
1 tsp. vanilla
2 c. flour, sifted
1/4 tsp. salt
2 tsp. baking powder
1 c. coconut
1 c. chopped dates

Cook margarine and sugar over low heat until bubbly around edges. Cool. Add eggs, beaten well. Add vanilla, flour which has been sifted with salt and baking powder. Stir in coconut and dates. Spread in greased shallow pan and bake in moderate oven at 350 degrees for 25 minutes. When partly cool, cut in squares.

SWEDISH OATMEAL COOKIES

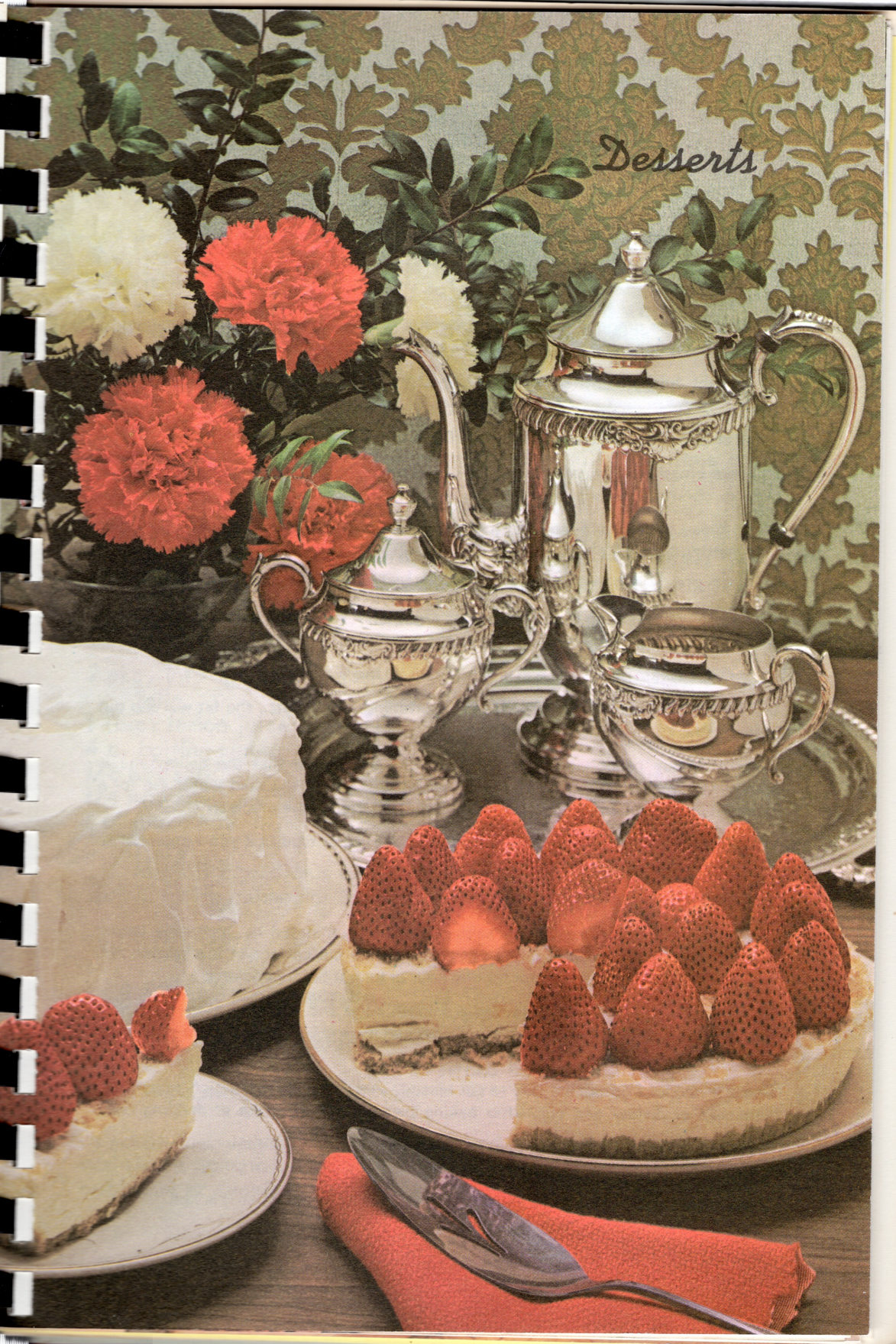
J. Riesen

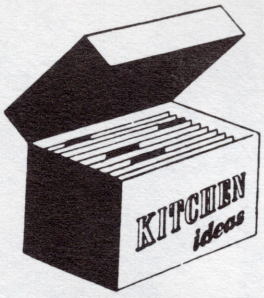
1 c. sugar
3/4 c. butter or shortening
1 egg
1 c. flour
1 tsp. baking soda, scant
1 tsp. cream of tartar
2 c. quick oatmeal
1 c. coconut (chopped or flaked)
1 c. chopped walnuts

Cream sugar and shortening. Add egg and beat. Add remaining ingredients. Roll dough in small balls. Flatten with bottom of glass covered with wax paper. Bake at 350 degrees 10 to 12 minutes.

Makes 4 to 5 dozen.

Write your extra recipes here:


Desserts



A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.

To prevent splashing when frying meat, sprinkle a little salt into the pan before putting the fat in.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Rinse a pan in cold water before scalding milk to prevent sticking.

When you are creaming butter and sugar together, it's a good idea to rinse the bowl with boiling water first. They'll cream faster.

To melt chocolate, grease pan in which it is to be melted.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

When you buy cellophane-wrapped cupcakes and notice that the cellophane is somewhat stuck to the frosting, hold the package under the cold-water tap for a moment before you unwrap it. The cellophane will then come off clean.

When you are doing any sort of baking, you get better results if you remember to preheat your cooky sheet, muffin tins, or cake pans.

Chill cheese to grate it more easily.

The odor from baking or boiling salmon may be eliminated by squeezing lemon juice on both sides of each salmon steak or on the cut surface of the salmon and letting it stand in the refrigerator for one hour or longer before cooking.

Use the type can opener that leaves a smooth edge and remove both ends from a flat can (the size can that tuna is usually packed in) and you have a perfect mold for poaching eggs.

Use the divider from an ice tray to cut biscuits in a hurry. Shape dough to conform with size of divider and cut. After baking biscuits will separate at dividing lines.

A clean clothespin provides a cool handle to steady the cake tin when removing a hot cake.

Try using a thread instead of a knife when a cake is to be cut while it is hot.

CHOCOLATE RICE PUDDING

Gladys Jewett

1/2 c. short grain rice
2 c. water
2 c. milk
2/3 c. sugar
vanilla bean
7 oz. semi-sweet chocolate
3 1/2 Tbsp. butter
1 1/2 tsp. unflavored gelatin
1 1/2 Tbsp. cold water
1 c. whipped cream

Boil rice and water for 2 minutes. Drain and rinse in cold water. Mix milk, sugar, vanilla bean and chocolate and bring to boiling, stirring well. Add rice and cook very slowly for 25 minutes. If the rice has not absorbed all the milk, continue cooking a few minutes. When cooked, add butter and allow to cool a little. Soften gelatin in cold water and add to warm rice mixture. Fold in whipped cream delicately. Dampen a mold and sprinkle with sugar; fill with rice mixture and refrigerate 1 hour and 30 minutes. Decorate with whipped cream and grated chocolate. (Cream not too stiff)

JELLO PLUM PUDDING

Irene Lathrop

2 pkg. (or 1 lg. pkg.) lemon jello
1 Tbsp. lemon juice
4 c. boiling water
1/8 tsp. salt
1/4 tsp. cinnamon
1 c. grape nuts
1 1/3 c. cooked prunes, chopped
1 1/2 c. chopped dates (nuggets ideal)
1 c. raisins
1 c. chopped walnuts
1/2 tsp. vanilla

Mix all ingredients and chill. Serve with whipped cream. Sprinkle with nutmeg or top with cherry.

FRUIT DESSERT

Leila McKenzie

1 - 8 3/4 oz. can pineapple tidbits and juice
1 - 17 oz. can fruit cocktail and juice
1 can mandarin oranges, drained
2 Tbsp. lemon juice
1/2 c. flaked coconut
1 sm. pkg. instant lemon pudding
sliced bananas

Mix fruit together with pudding and refrigerate. Before serving, add sliced bananas. Top with whipped cream if desired. Serve with nut bread or cookies.

LEMON BISQUE

Irene Lathrop

1 pkg. lemon jello
1 1/3 c. boiling water
1/3 c. lemon juice
rind of 1 lemon, grated
1/3 c. honey
16 graham crackers, crushed
1/2 c. brown sugar
1/4 c. margarine
1 lg. can evap. milk, chilled

Mix jello, water, lemon juice, lemon rind and honey. Chill until partly congealed.

Mix graham crackers, brown sugar and margarine well. Pat 3/4 of mixture in 13x9 inch pan.

Whip milk with electric beater until stiff. Gradually add jello mixture. Pour over graham cracker mixture. Sprinkle remainder of cracker mixture on top. Chill 2 hours before serving.

Serves 12-16.

STRAWBERRY ANGEL DESSERT

Gladys Jewett

2 Tbsp. unflavored gelatin
1/2 c. water
6 egg yolks, beaten
3/4 c. sugar
1/4 tsp. salt
1/2 c. lemon juice
1 1/2 tsp. lemon rind
3/4 c. sugar
6 egg whites, beaten stiff
2 c. crushed fresh or frozen strawberries
1 angel food cake (store bought)

Dissolve gelatin in water. Set aside. Mix together egg yolks, sugar and salt. Stir in lemon juice and cook over hot water until mixture thickens and coats spoon. Remove from heat and add lemon rind and gelatin. Stir to dissolve gelatin. Beat sugar into egg whites; fold whites and strawberries into custard.

Break cake into bite-size pieces. Place layer of cake in a 9x15 oiled pan. Pour over a layer of custard mixture and continue alternating custard and cake until all custard is used up. Chill until firm. Cut into squares and serve with whipped cream.

STRAWBERRY DELIGHT

1 - 10 oz. pkg. frozen strawberries
2 egg whites
2/3 c. sugar
2 Tbsp. lemon juice
1 c. Cool Whip
2 c. vanilla wafer crumbs

Beat strawberries, egg whites, sugar and lemon juice in a large bowl at high speed for 15 minutes. Fold in Cool Whip. Grease 1 large or 2 small Pyrex dishes with oleo. Sprinkle wafer crumbs to cover bottom of dish. Save half for top. Spoon mixture over crumbs.

Sprinkle remaining crumbs on top. (Ground walnuts may be added to top). Cover and chill in refrigerator. Serves 12.

APPLE CRISP — Maude Kemp

2 eggs
1 c. sugar
2/3 c. flour
1/4 tsp. salt
2 1/2 tsp. baking powder
1 c. apples, peeled, cored and chopped
1 c. chopped walnuts
2 tsp. vanilla
1/2 c. shredded coconut

Beat eggs well and gradually add sugar, beating until light and fluffy. Sift together flour, salt and baking powder and add to egg mixture. Mix well. Fold in apple, walnuts and vanilla. Pour into greased glass baking dish, 12 x 7 3/8 x 1 1/2 inches. Sprinkle top with 1/2 cup shredded coconut. Bake in moderate oven, 350 degrees for 30 minutes. Cut into squares and serve with fluff of whipped cream. Serves 8.

HELEN'S STRAWBERRY ICE BOX CAKE — Katharine Krater

1 lb. crushed vanilla wafers (2 sm. boxes)
1/4 lb. butter or margarine, melted
1 1/2 c. sugar
2 eggs
1 cube margarine
1 qt. strawberries, 2 boxes
3/4 pt. cream, whipped

Mix wafers and melted butter. Line 15 x 11 inch pan. (Save small amount). Mix sugar, egg and margarine, beat well. Spread over wafers. Slice fresh berries over creamed mixture. Spread whipped cream over berries. Sprinkle remaining crumbs on top. Refrigerate overnight. Serves 12 to 15.

BUTTERMILK SHERBET — Irene Lathrop

1 qt. buttermilk
1 qt. whole milk
2 1/2 to 3 c. sugar
juice of 1 lemon
1/2 tsp. salt
2 pkg. frozen strawberries, or 2 med. can crushed pineapple, or equivalent fruit

Mix and freeze in electric or hand freezer. Makes 1 gallon.

BUTTERMILK SHERBET — Agnes Johnson

1/2 gal. buttermilk
1 lg. can crushed pineapple
3 c. sugar
1/2 tsp. salt
3 eggs, separated

Combine buttermilk, pineapple, sugar and salt. Beat whites until stiff and fold into milk mixture. Beat yolks well and add. Freeze in home freezer. Makes 1 gallon.

CHERRY LIME SHERBET — Peggy Cook

1 1/4 c. lime juice
3 3/4 c. sugar
2 qt. milk
4 oz. jar green maraschino cherries
liquid from cherries
green food coloring

Combine lime juice and sugar; add milk gradually. Chop cherries, add to lime juice mixture. Stir in liquid from cherries and a few drops green food coloring. Freeze in gallon freezer using 4 parts ice to 1 part salt. Makes 1 gallon.

VANILLA ICE CREAM — Evelyn-Mae Nikolaus

3 1/2 c. milk
6 eggs, separated
dash salt
2 1/4 c. sugar
2 tsp. vanilla
4 c. whipping cream

Blend milk, egg yolks, salt, sugar and vanilla in blender; it may be necessary to do it in two batches. Whip egg whites until soft peaks are formed. (Beating too stiff may cause difficult mixing of whites and milk mixture.) Whip cream. Fold milk mixture into egg whites, blending well. Part of milk may be mixed with cream after it is whipped. Then fold cream into milk-egg mixture. Freeze. This amount fills a four quart ice cream freezer.

BEST ICE CREAM — Deanne Kilpatrick

Makes 1 gallon.

4 lg. eggs
1 1/2 c. sugar
1 c. white Karo syrup
1/2 tsp. salt
2 qt. half and half
2 tsp. vanilla

Beat eggs well. Slowly add sugar and beat until thick and fluffy. Add Karo and continue beating. Stir in salt, cream and vanilla. Freeze in ice cream freezer according to manufacturer's directions.

Grated chocolate, crushed peaches, strawberries or other fruit may be added being careful not to overfill freezer. Honey may be used but decrease to 1 cup or less.

CHOCOLATE ICE CREAM

Jacqueline Riesen

3 sm. pkg. chocolate pudding
2 qt. half and half
1/2 c. sugar
4 eggs
1 can sweetened condensed milk

Cook pudding in 1 quart of half and half. Add sugar. Beat eggs and add to hot liquid. Add condensed milk and remaining half and half. Add enough milk to fill freezer.

PLUM PUDDING

Polly Murphy

2/3 c. chopped suet (1/4 lb.)
2 Tbsp. chopped apple
2 Tbsp. chopped orange peel
2 Tbsp. chopped lemon peel
2/3 c. chopped citron
1 1/2 c. raisins
1 c. currants
2 c. bread crumbs
3 tsp. cinnamon
1/2 tsp. ginger
1/4 tsp. nutmeg
1/2 tsp. allspice
1/4 tsp. salt
1 c. sugar
1/3 c. raspberry preserves
4 eggs
2 Tbsp. milk
1/2 c. brandy
6 Tbsp. white wine

In large bowl, combine, suet, fruits, bread crumbs, spices, salt, sugar and preserves. Beat eggs, stir in milk, brandy and wine. Mix with fruit: Put in 2 quart mold and steam 4 hours.

Write your extra recipes here:

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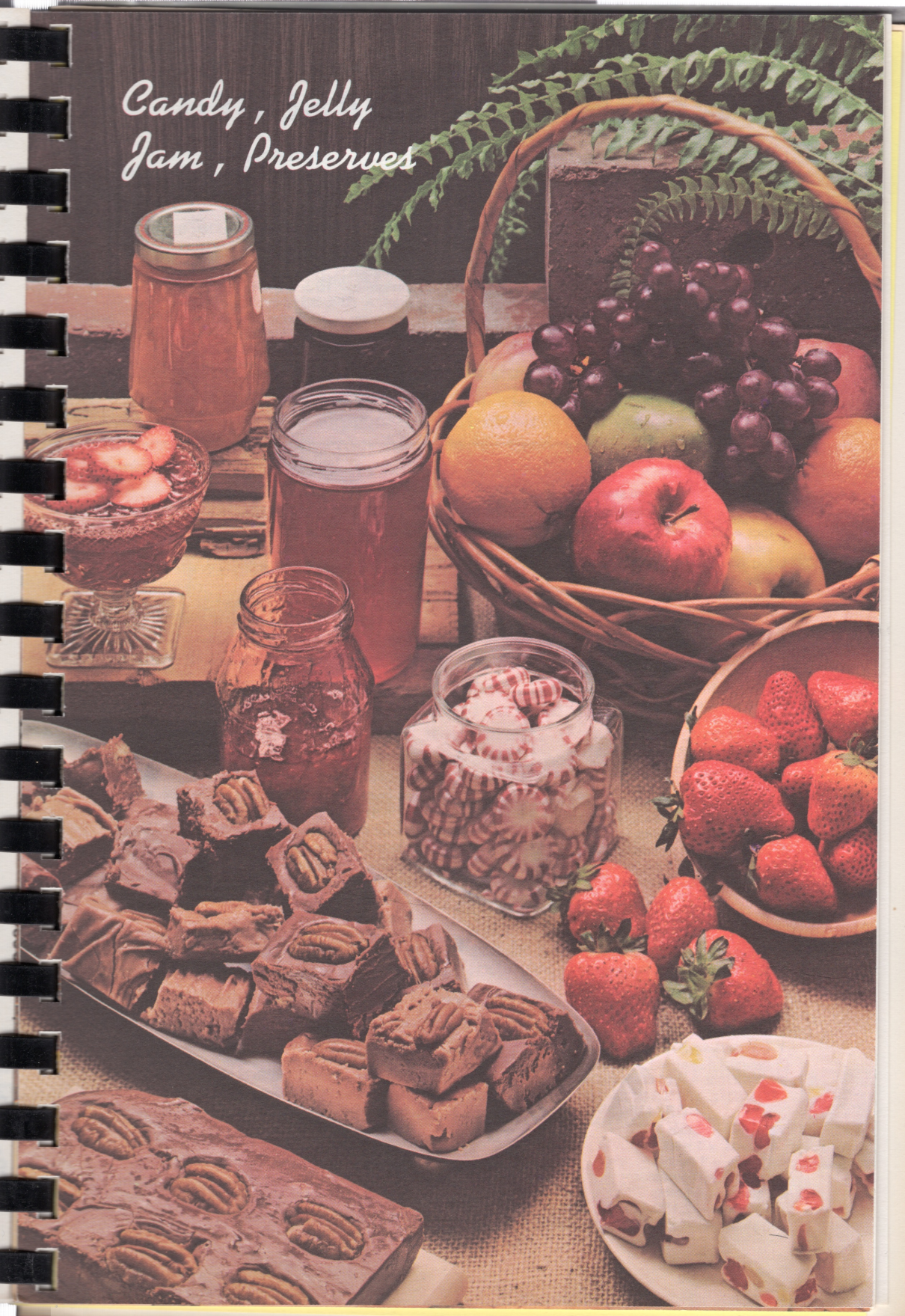

Candy, Jelly
Jam, Preserves

WEIGHTS AND MEASURES

AVOIRDUPOIS

1 pound = 16 ounces
1 hundredweight = 100 pounds
1 ton = 20 hundredweight = 2000 pounds
1 long ton = 2240 pounds

EQUIVALENT VALUES

1 square mile = 640 acres = 102,400 square rods = 3,097,600 square yards
1 square mile = 27,878,400 square feet = 4,014,489,600 square inches

Inches	Feet	Yards	Rods	Furlongs	Miles
36 =	3 =	1			
198 =	16.5 =	5.5 =	1		
7,920 =	660 =	220 =	40 =	1	
63,360 =	5280 =	1760 =	320 =	8 =	1

APOTHECARIES

1 scrupple = 20 grains
1 dram = 3 scruples
1 ounce = 8 drams
1 pound = 12 ounces

METRIC

1 centigram = 10 milligrams
1 decigram = 10 centigrams
1 gram = 10 decigrams
1 dekagram = 10 grams
1 hektogram = 10 dekagrams
1 kilogram = 10 hektograms
1 metric ton = 1000 kilograms
1 kilogram = 2.20 pounds
1 pound avoirdupois = 0.45 kilogram

(English Units)

LINEAR MEASURE

1 foot = 12 inches
1 yard = 3 feet
1 rod = 5½ yards = 16½ feet
1 mile = 320 rods = 1760 yards = 5280 feet
1 nautical mile = 6080 feet
1 knot = 1 nautical mile per hour
1 furlong = ⅛ mile = 660 feet = 220 yards
1 league = 3 miles = 24 furlongs
1 fathom = 2 yards = 6 feet
1 chain = 100 links = 22 yards
1 link = 7.92 inches
1 hand = 4 inches
1 span = 9 inches

SQUARE MEASURE

1 square foot = 144 square inches
1 sq. yard = 9 sq. feet
1 sq. rod = 30¼ sq. yards = 272¼ sq. inches
1 acre = 160 sq. rods = 43560 sq. feet
1 sq. mile = 640 acres = 102400 sq. rods
1 sq. rod = 625 square links
1 sq. chain = 16 square rods
1 acre = 10 square chains

CUBIC MEASURE

1 cubic foot = 1728 cubic inches
1 cubic yard = 27 cubic feet
1 register ton (shipping measure) = 100 cu. feet
1 U.S. shipping ton = 40 cubic feet
1 cord = 128 cubic feet
1 perch = 24¾ cubic feet
1 cubic yard = 27 cu. feet = 46656 cu. inches
1 U.S. liquid gallon = 4 quarts = 231 cu. inches
1 imperial gallon = 1.20 U.S. gals. = 0.16 cu. ft.
1 board foot = 144 cubic inches

DRY MEASURE

2 pints = 1 quart
8 quarts = 1 peck
4 pecks = 1 bushel
1 bushel = 4 pecks
32 quarts = 64 pints
U.S. bushel = 2,150.42 cubic inches
British bushel = 2,218.19 cubic inches

(Metric Units)

LINEAR MEASURE

1 centimeter = 10 millimeters
1 decimeter = 10 centimeters
1 meter = 10 decimeters
1 dekameter = 10 meters
1 hektometer = 10 dekameters
1 kilometer = 10 hektometers
1 inch = 2.54 centimeters
1 meter = 39.37 inches
1 yard = 0.914 meter
1 mile = 1609 meters = 1.61 kilometers

SQUARE MEASURE

1 square centimeter = 100 square millimeters
1 square decimeter = 100 square centimeters
1 sq. meter = 100 sq. decimeters = 1 centar
1 ar = 100 centars
1 hektar = 100 ars
1 square kilometer = 100 hektars
1 square centimeter = 0.15 square inch
1 square meter = 1.20 square yards
1 square kilometer = 0.39 square mile
1 hektar = 2.47 acres
1 square inch = 6.45 square centimeters
1 square yard = 0.84 square millimeter
1 square mile = 2.59 square kilometers
1 acre = 0.40 hektar

CUBIC MEASURE

1 cubic centimeter = 1000 cubic millimeters
1 cubic decimeter = 1000 cubic centimeters
1 cubic meter = 100 cubic decimeters
1 cubic yard = 0.76 cubic meter
1 cubic meter = 1.31 cubic yards
1 liter = 1.06 U.S. liquid quarts
1 hektoliter = 100 liters = 26.42 U.S. liquid gallons
1 U.S. liquid quart = 0.94 liter
1 U.S. liquid gallon = 3.76 liters

WATERMELON PRESERVES

Beulah Kriaucziunas

watermelon rind
1 Tbsp. salt (to make brine)
1 qt. water (to make brine)
sugar and water to cover
1 lemon for every 3 qt. of rind
1 stick cinnamon, optional
1 Tbsp. allspice, optional

Pare and cut watermelon rind into pieces 2 inches long and 3/4 inches wide. Cover with brine. Let stand overnight. Drain. Cover with water and boil 10 minutes. Drain. Cover with a heavy syrup made of 1 part sugar and 1 part water. Add lemon. If desired, cinnamon and allspice may be added. Cook slowly until rind is tender and clear. Pack in hot jars and seal.

YELLOW TOMATO PRESERVES

Josephine McCoy

4 lb. sm. yellow tomatoes
2 lemons
1 Tbsp. ginger root
3 1/2 lb. sugar
1 Tbsp. whole mace

Wash tomatoes and pick each one with a fork. Add sugar, 1 lemon sliced thinly and juice of 1 lemon. Mix. Tie mace and ginger root in a thin cloth bag. Add to tomatoes. Heat slowly and simmer gently until fruit is transparent. Remove tomatoes. Boil syrup until thick. Add tomatoes and heat to boiling.

LEMON STRAWBERRY PRESERVES

Erma Young

2 boxes firm ripe strawberries, 4 c.
5 c. sugar
1/2 c. lemon juice

Wash and hull strawberries. Place in kettle. Add sugar and stir gently to mix. Let stand for an hour or two to extract some of the berry juice and partially dissolve sugar. Gradually bring to boil over low flame. Increase flame and boil 8 minutes, counting time from point at which full boil is reached. Remove from heat. Let stand until lukewarm. Add lemon juice. Bring to boil and boil 5 minutes. Cover kettle with clean cloth and let preserves stand 4 hours. Stir gently several times to distribute berries in syrup. Keep in refrigerator.

ZUCCHINI MARMALADE

Dorothy Gates

2 lb. young zucchini squash
juice of 2 lemons
1 tsp. grated lemon peel
1 - 13 1/2 oz. can crushed pineapple, drained
1 - 1 3/4 oz. pkg. powdered fruit pectin
5 c. sugar
2 Tbsp. finely chopped crystallized ginger

Peel squash and cut in thin slices. Measure 6 cups sliced zucchini into a large kettle. Add lemon juice, peel and pineapple. Bring to a boil. Lower heat and simmer uncovered, until squash holds its shape, about 15 minutes. Add pectin. Place over high heat and bring to a boil. Stir in sugar and ginger. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat, skim off any foam. Stir and skim 5 minutes to cool slightly and prevent fruit from floating.

Ladle into hot, sterilized jars. Seal with hot paraffin. Makes 5 half-pints.

PEACH BLUSH MARMALADE

Gwen Bell

3 oranges
12 c. cling peaches, peeled and sliced
11 1/4 c. sugar
1/2 c. maraschino cherries, chopped very fine

Slice oranges thin add to peaches and sugar. Boil in large kettle until the jelly stage, about 3/4 hour. Remove from stove and add cherries then cool about 5 minutes. Stir and seal in jars. Slivered blanched almonds may be added.

CANDIED GINGER GRAPEFRUIT PEEL

Katharine Krater

Peel two grapefruit and cut into strips. Add enough water to cover. Boil 15 or 20 minutes. Drain and repeat twice more - three times in all. Measure drained peel and for each pint add 2 cups sugar, 1 1/2 cups water, 1 teaspoon ginger and 1/8 teaspoon salt. Cook slowly in open kettle until syrup is quite heavy. Remove from heat and for each pint of peel and syrup add 1/2 envelope of gelatin softened in 2 tablespoons cold water. Stir well. Let stand until thoroughly cold. Drain and roll in granulated sugar. About 100 pieces.

This is much simpler than the usual Candied Grapefruit recipe and is delicious.

ENGLISH TOFFEE

Deanne Kilpatrick

1 c. butter
1 c. sugar
2 c. chopped nuts
1 - 8 oz. chocolate bar

Cook butter and sugar together over moderate heat. Stirring constantly, until 310 degrees or hard ball in water. Add 1 cup nuts just before taking off the stove. Pour on cookie sheet. Cover with chocolate while warm. Sprinkle with 1/2 cup nuts. Turn over and repeat with chocolate and nuts.

CHOCOLATE SHIPS AND PARAFFIN DIP CANDY

Hazel Watkins

Mix well:

2 pkg. powdered sugar
1 can Eagle Brand milk
1 stick margarine, melted

Add to above:

3 c. pecans or walnuts
2 cans angel flake coconut, 2 c.

Make balls out of above.
Melt:

2 pkg. (6 oz.) chocolate chips
1/4 lb. paraffin, 1 block

Dip the balls in this and drop on wax paper.

ORANGE PRALINES

Mrs. Lee Evans

1 can orange juice (6 oz. frozen)
1 1/2 c. sugar
1 c. pecans

Mix together above: Stir constantly. When a full rolling boil occurs then cook 7 minutes. Then add 1 cup pecans. Beat until creamy. Drop by teaspoons on waxed paper.

UNBAKED CARAMEL COOKIES (Candy)

Dorothy Raymond

2 c. sugar
3/4 c. margarine or butter
1 - 6 oz. can evap. milk
1 pkg. instant butterscotch pudding mix
3 1/2 c. quick cooking oatmeal

Combine sugar, butter and milk. Stir over low heat until full boil. Remove from heat. Add pudding and oatmeal. Stir thoroughly. Cook 10 to 15 minutes. Drop by spoonfuls onto waxed paper.

MINTS (For Parties and Weddings) Agnes Johnson

3 lb. powdered sugar
1 c. butter
1 c. white Karo
mint or vanilla flavoring

Mix sugar, butter and Karo with hands. Add flavoring to taste. Roll into small, long rolls.

Color any color you wish - shape into any shape - good to make ahead for special occasions.

DIVINITY (Never Fail)

3 c. sugar
1/2 c. white corn syrup
1/2 c. water
3 egg whites

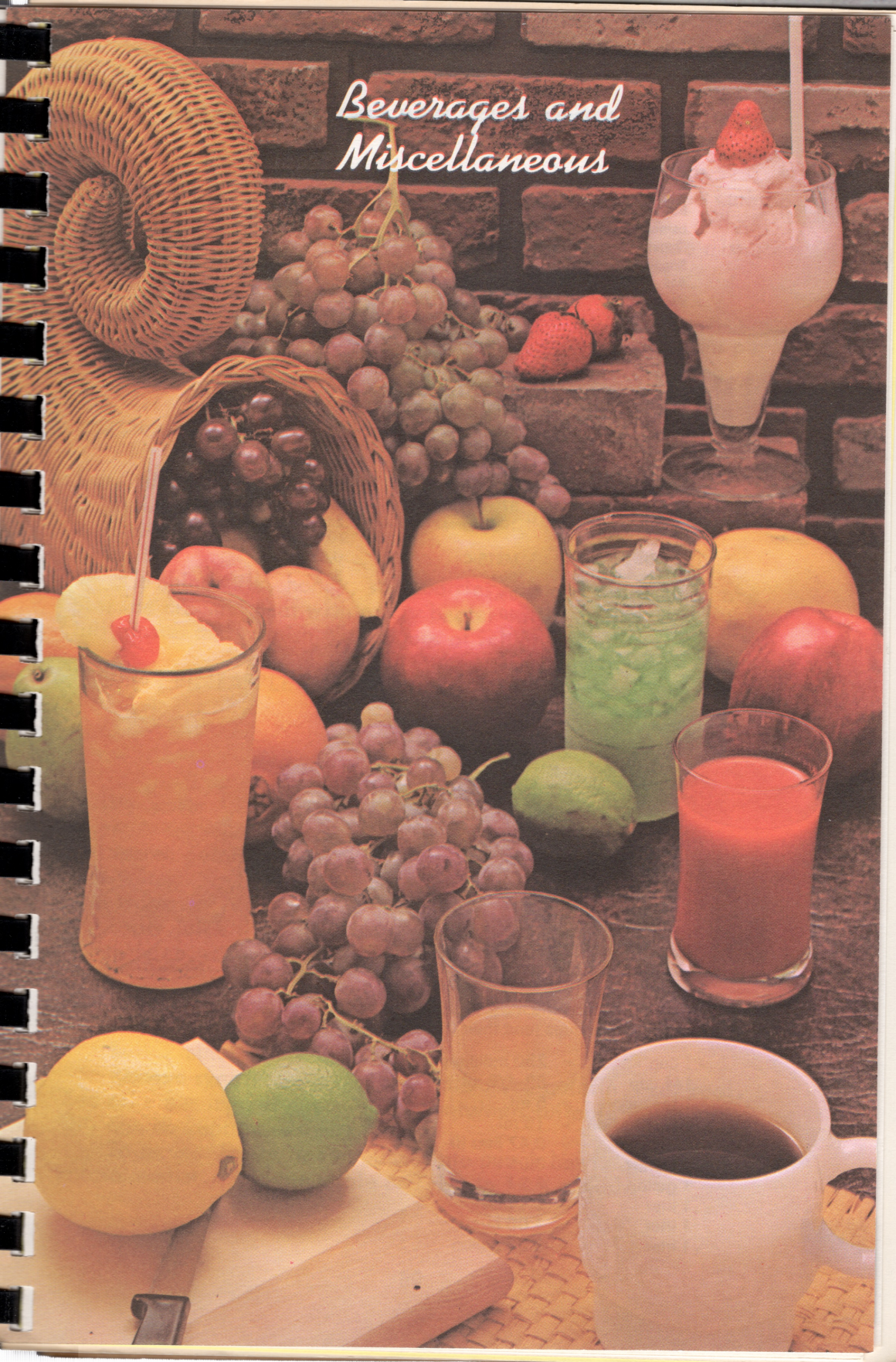
Boil sugar, syrup and water until forms soft ball. Pour half of this mixture over stiffly beaten egg whites and beat continuously. Return remaining syrup mixture to stove, and cook to hard boil. Pour over egg whites and beat until ready to pour into buttered pan. Nuts or fruit may be added.

CARAMELS Marjorie Pomtier

1 pt. dark Karo
2 c. sugar
1 tall can milk
1 cube butter (not margarine)
1 tsp. vanilla
chopped walnuts

Put sugar and Karo in a heavy kettle. A cast iron chicken fryer or Dutch oven is excellent. Let come to a fast boil. Boil 10 minutes, then add butter and milk alternately. Stir milk while adding so as not to curdle. Boil until when tested in ice water it is as hard as desired to eat. Add nuts and vanilla. Beat slightly and pour into buttered pans to cool overnight. Cut into small squares and wrap separately in waxed paper.

Write your extra recipes here:


Beverages and
Miscellaneous

EVERYDAY USE WITH THE METRIC SYSTEM

FOOD		
Milk	1 liter	1.06 quarts
Butter	1 kilogram	2.2 pounds
Lemon juice	1 gram	0.035 ounces
Flour	1 liter	4.23 cups
Sugar	1 milliliter	0.067 tablespoons
Salt	1 milliliter	0.203 teaspoons
Water	1 liter	2.1 pints
DISTANCE	1 centimeter	0.4 inches
	1 meter	3.3 feet
	1 meter	1.1 yards
	1 kilometer	0.6 mile
AREA	1 sq. centimeter	0.16 sq. inch
	1 sq. meter	1.2 sq. yards
	1 sq. kilometer	0.4 sq. mile
	1 hectare	2.5 acres
TEMPERATURE	0 degree Celsius	32 degrees Fahrenheit
	37 degrees Celsius	98.6 degrees Fahrenheit
	100 degrees Celsius	212 degrees Fahrenheit

CLOTHING	METRIC	U.S.
Women	Size	Size
Dresses	38	10
	40	12
	42	14
	44	16
Stockings	2	9
	4	10
	6	11
Shoes	35	5
	36	6
	38	7
Men		
Shirts	35	14
	37	15
	40	16
Socks	25.5	10
	28	11
	29.25	11 ½
Shoes	41	8
	44	10
	46	12

Measuring cups will most likely show both ounces and grams or cups (and their fractions) and milliliters:

1 cup	=	250 milliliters (ml)
1/4 cup	=	62-1/2 ml
1 teaspoon	=	5 ml
1 tablespoon	=	15 ml
1 pint	=	0.47 liter (l)
1 squart	=	0.95 l
1 gallon	=	3.8 l
1 liter	=	2.1 pint
1 liter	=	1.06 quart
1 liter	=	0.26 gallon

TANG TEA

Irene Lathrop

2 c. Tang orange juice mixture
1 c. instant tea
2 c. sugar
1 pkg. Wylers lemonade mix
2 tsp. cinnamon
1 tsp. cloves

Mix all ingredients together and use 2 or more teaspoons per cup of hot water. If iced tea desired, make hot before icing.
Store dry mixture in jar indefinitely.

STRAWBERRY-HONEY FLOAT

Ernie Morris

1 qt. milk, chilled
6 Tbsp. honey
2 c. crushed fresh strawberries
1/2 tsp. almond extract
1 qt. vanilla ice cream

Combine milk, honey, strawberries, almond extract and one pint ice cream. Beat with rotary beater until blended. Pour into tall glasses and garnish with scoops of ice cream.

FROZEN PINEAPPLE PUNCH

Esther Pease

	Servings		
	15	30	60
Boiling water *	2 qts.	8 qts.	16 qts.
sugar *	1 c.	4 c.	8 c.
unflavored gelatin, soak	1 2/3 c.	7 c.	14 c.
cold water	1 pkg.	4 pkg.	8 pkg.
cold water	2 Tbsp.	1/2 c.	1 c.
pineapple juice	3 c.	12 c.	24 c.
lemon juice	2 c.	8 c.	16 c.
food color as desired (green, red or orange)	1/2 lemon	1 c.	2 c.

* Boil 3 minutes.

Remove syrup from stove. Add dissolved gelatin. Let cool. Add all other ingredients. Put in containers suitable for freezing. This can be kept an unlimited time.

To serve: Empty frozen punch into punch bowl. Mash with potato masher. Add gingerale or 7-Up to form a slush.

Write your extra recipes here:

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